

ROLLER COASTER

DEALING BIBLICALLY WITH LIFE'S EMOTIONAL UPS AND DOWNS

From Hopelessness to Contentment – David Psalm 13:1-6

April 19, 2026

Introduction:

- Getting out of a slump
- David's slump – Psalm 13:1-6

Moving from hopelessness to contentment there is . . .

- I. **An Internal _____ – Telling God How You Really _____, vv. 1-2**
 - “How long?”
 - God would rather hear from you _____ than not hear from you at all.

- II. **A Personal _____ – Telling God What You Really _____, vv. 3-4**
 - Psalm 13:3-4
 - Perspective change from, “how can I get out of this mess,” to “how can God be _____ in this mess.”
 - Genesis 42:36b
 - Romans 8:28a

- III. **A Hopeful _____ – Believing What Is Really _____, vv. 5-6**
 - Psalm 13:5-6
 - “Believing what is true gets distorted when we pull back from the _____.”

Conclusion:

- “No matter which way the wind blows”