



Psalm 13

Psalm 13 Heb 12:3-13 Matt 6:25-34

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Problems, pain, and suffering are complicated things. The troubles we face can affect our health, our finances, and/or our relationships. They preoccupy you during the day; they cause you to toss and turn at night; and sometimes they can even change the course of your entire life. They bring worry, stress, fear, and sorrow.

What's worse, you can never know **why problems, pain, or suffering** are happening! In Scripture, **problems, pain, and suffering** can come from:

- ⇒ Your own actions
- ⇒ Someone else's actions
- ⇒ The devil and his demons
- ⇒ Just because you live in this broken and sinful world
- ⇒ Or even from God Himself.

You just never know WHY!

King David had his fair share of **problems, pain, and suffering** as well. He had enemies that constantly threatened his life; he had a broken family; and his own sinful nature led him into terrible sin and great shame.

It was during some unknown **problem, pain, or suffering** that King David wrote **Psalm 13**. **Psalm 13** is a heartfelt and agonizing prayer to the Lord. *Let's take another look at these six verses; and read it*

Psalm 13

- 1 **How long, O LORD?**
Will you forget me forever?
How long, O LORD?
will you hide your face from me?
- 2 **How long, O LORD?**
must I take wrestle with my thoughts
and every day have sorrow in my heart?
How long, O LORD?
shall my enemy triumph over me?
- 3 Consider and answer me, O LORD my God;
LIGHT UP MY EYES,
LEST I sleep the sleep of death,
4 **LEST** my enemy say, "I have prevailed over him,"
LEST my foes rejoice because I am shaken.
- 5 But as for me,
I have and will trust in Your steadfast love;
my heart will rejoice in Your salvation.
- 6 I will sing to the LORD,
FOR HE HAS BEEN GOOD TO ME!

antiphonally, verse by verse. It's one of the handouts you received today. -->
The anguish of **Psalm 13** is emphasized. 4 times David asks the Lord “**How Long?**” Look at verse 1&2:

- 13:1 **How long, O LORD?** Will you forget me forever?
 How long will you hide your face from me?
13:2 **How long** must I take **wrestle** with my thoughts
 and every day have sorrow in my heart?
 How long shall my enemy triumph over me?

David feels like the Lord has forgotten about him; he feels that God is distant and uncaring; He thinks he is at the “*end of his rope*.” He doesn’t understand what is going on; it makes no sense to him. He thinks that his **problems, pain, and suffering** is going to crush him.

Psalm 13 is a cry of pain;
Psalm 13 is a prayer of lament¹.

A prayer of lament is a prayer to God for help in times of trouble. It teaches us that we can bring our questions and pain to the Lord; it teaches us that prayer is a **safe place** to cry out to the Lord and express your feelings and frustrations. You can tell him your hurts, worries, disappointments, and even your anger. **Your** prayer of lament **is an ACT OF FAITH!** In fact, your Father in Heaven invites you to talk to Him and cry out to Him. **Psalm 13** is an example of how to do it!

But David’s prayer does not end with his frustrations and his pain. He asks the Lord for help. King David trusts that God is His Father in Heaven who promises to hear and help. David specifically prays that the Lord will “**light up his eyes**” – that He will be able to see God at work in His life. *Look at verse 3 and 4.*

- 13:3 **Consider and answer me, O LORD my God;**
 LIGHT UP MY EYES,
 lest I sleep the sleep of death,

¹ “[A Prayer of] Lament is not a failure of faith, but an act of faith. We cry out directly to God because deep down we know that our relationship with God counts; it counts to us and it counts to God.” This is a quote from a good article called “Biblical Laments: Prayer out of Pain” by Michael D. Guinan. The article can be found at: www.franciscanmedia.org/biblical-laments-prayer-out-of-pain

13:4

lest my enemy say, "I have prevailed over him,"
lest my foes rejoice because I am shaken.

King David is **WAITING!** This is the hardest part of going through our **problems, pain, and suffering: WAITING.** In prayer, we ask God to *consider* us and to *answer* us --- and then we **WAIT.** In prayer, we ask God to *light up our eyes* --- and then we **WAIT.** We **WAIT** for God's reply. We **WAIT** for His answer. We **WAIT** for Him to work as He promises to do. Scripture teaches us to **WAIT for the Lord; be strong and take heart and WAIT for the Lord!** Psalm 27:14 This **WAITING** in the Bible is usually called *patient endurance.*

Patient endurance is our attitude towards **problem, pain, and suffering.** *Patient endurance* is the **posture of faith** in the midst of suffering. **Patient endurance is active trust in God and His Promises as you wait for His help!** *Patient endurance* is holding on to God and His promises through your hardships. *Patient endurance* is remaining faithful to God no matter how long it takes for Him to answer your prayer. *Patient endurance* is looking to God for all good things and turning to Him in times of trouble. *Patient endurance* knows that God cares and is at work --- and you remain faithful and actively trust Him and patiently wait for His help.

That is exactly what King David does in **Psalm 13.** He even describes what *Patient endurance* looks like: *Look at verses 5- 6.*

13:5

But as for me,

I have and will **trust** in Your *steadfast love*;
my heart will **rejoice** in Your *salvation.*

13:6

I will **sing** to the **LORD,**

FOR HE HAS BEEN GOOD TO ME!

Patient endurance trusts in *God's steadfast love*; it **rejoices** in God's *salvation* in the Lord Jesus Christ. It even **sings** to the Lord! *Patient endurance* knows and believes that God is good! You learn in Scripture, and look back over your life, and you know and you can see that God is good, and that whatever He is doing in your life right now is also good! **Patient endurance is active trust in God, His steadfast love, and all of His Promises to you!**

As we travel through Lent, we remember that our **Lord Jesus Christ** had **problems, pain, and suffering!** *He was a man of sorrows and acquainted with grief; He was despised and rejected by men; He has borne our griefs and carried our sorrows; He was stricken, smitten by God, and afflicted.* Isaiah 53
Jesus **patiently endured** throughout His life --- His **pain and suffering** had eternal weight to it. Your sin and guilt and eternal punishment was placed on Him. He suffered all the way to the cross where He was put to death for us and our salvation. His suffering saved us and earned for us eternal salvation. Jesus **patiently endured** through it all - **trusting in God, His goodness, and His Promises.**

The Good Lord has given you many promises to help you **patiently endure**. Here is an example:

The righteous cry out, and the LORD hears them; He delivers them from all their troubles. The LORD is close to the brokenhearted and saves those who are crushed in spirit. Psalm 34:17-18

The Good Lord has given you many promises to help you **patiently endure**. *If you need a list, send me an email and I will send you some.*

It was during some unknown **problem, pain, or suffering** that King David wrote **Psalm 13**. **Psalm 13** may have been one of the *Gethsemane prayers* that Jesus prayed! But it certainly is a prayer that we can pray today. It is a prayer that invites you to bring your **problems, pain, and suffering** to the Lord; it teaches us that the Good Lord cares about your hurts, frustrations, and worries.

Psalm 13 is a prayer of lament. **Psalm 13** teaches us how to **patiently endure** and **WAIT for the Lord: we trust in God, we know His steadfast love in Christ, and we depend on His Promises.**

Amen!

Comforting Verses

As you Patiently Endure

God is our refuge and strength, an ever present help in trouble. Therefore we will not fear!

Psalm 46:1-2a

The LORD is good! He is a refuge in times of trouble; He cares for those who trust in Him.

Nahum 1:7

And we know that God causes everything to work together for the good of those who love God and are called according to His purpose.

Romans 8:28