

HOW LONG, LORD?

August 2, 2020 Psalm 13, a lament psalm of David

To lament is Biblical, ie. the book of Lamentations. “**To lament** is to express deep sorrow, grief, or regret (Got Questions.org).” Church Answers had a blog this week “Why are so many of our church members ornery?” Turn to Psalm 13, a lament psalm of David. **Are you lamenting? Have you found healing?**

1. I can't take much more “How long, Lord?” 13:1

- God, I feel like you have forgotten me. 13:1 But what is reality?
- God, I feel like you are hiding your face from me. 13:1 If so, this would be a covenant curse. But what does God's word say?
- God, I am struggling with my thoughts because it seems like bad things are happening to God's people and good things to unbelievers. 13:2 Job?
- God, if my enemies triumph over me it will bring shame to your cause. 13:2,4
- Please God, look at me and answer me because I don't know what to do.
- Notice the focus on self.
- It is healing to pour out your heart to God. Get the poison out!

2. But I...choose to trust God and sing His praises

- David chose to turn from a focus on self to a focus on God.
- Had his circumstances changed? What changed? Some think he was very sick or that he was being chased by King Saul.
- The reality is that it is hard to wait on God and God's timing. Right?
- I choose to trust God and His unfailing love. 13:5
- I choose to rejoice in God's grace, mercy and salvation. 13:5
- I choose to sing God's praises thinking about how God has been good to me. 13:6