

Psalm 13

To the choirmaster. A Psalm of David.

[1] How long, O LORD? Will you forget me forever?

How long will you hide your face from me?

[2] How long must I take counsel in my soul
and have sorrow in my heart all the day?

How long shall my enemy be exalted 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 I have trusted in your steadfast love;
my heart shall rejoice in your salvation.

[6] I will sing to the LORD,
because he has dealt bountifully with me. (ESV)

LAMENT: A PATTERN FOR CRYING OUT TO GOD WHEN LIFE IS NOT PERFECT

Psalm 13 is an individual lament, a type of psalm that has been prayed in many of life's broken, painful, or uncertain situations. Many would go to the temple or to the synagogue in a time of need and use Psalm 13 as their prayer to God. A lament has a typical structure (see below), which we can use as a framework for our own prayers. Following in their footsteps, we can pray this psalm anytime we find ourselves in a time of need.

PRAYING PSALM 13

Take a few moments to write down any real-life situations you are facing right now.

A Cry of Honesty:

Psalm 13:1-2 asserts a felt distance from God. How do your life situations make you feel distant from God? If you felt freedom to honestly express yourself to God, what would you say? Take some time to write your own cry of honesty.

Lament:

Psalm 13:3-4 is the lament portion of the psalm. Notice that the psalmist cries out for God to respond and what will happen if he doesn't. He details where he is at, even if it's not polite. If you were very specific, honest, and concrete about where you hurt now, what would you say? How do you want God to respond? What will happen if he doesn't come through? Write any responses below.

Confession of Confidence:

Ps 13:5-6 declares what it would be like if a personal God heard and acted on our prayer. What attitude and actions would change in your life if you knew that God both heard and acted on your prayer? What does it feel like to trust God, in the midst of these difficult situations?