

## When it's Hard to Praise God Psalm 13

**Introduction:** Psalm 13 is one of many "Lament Psalms". David begins in the pit of despair and despondency but ends up on the mountaintop of joy and praise. David is an example to us of how to cope with anxiety in life when praise is a forgotten impulse.

David goes through three stages:

### I. David's **SIGH** 13:1-2

#### 1. His **REASONS** for Despondency

1) **Impatience:** Four times David cries, "HOW LONG?"

The length of the trial caused David to become weary and depressed; it seemed that it would never end. Don't ever forget that God is not only sovereign over the DEPTH of our trials but also the LENGTH. While we are distressed about our circumstances, God is concerned about our character, and that takes TIME.

2) **Isolation:** David had turned away from God and everyone else and was trying to deal with his circumstances ALONE.

#### 2. His **RESPONSE** to Despondency

Notice how David began to respond to his situation: FOUR HUMAN RESPONSES

1) He felt **forgotten** 13:1a; 9:11-12

To think that an omniscient God could forget him was irrational

2) He felt **forsaken** 13:1b

3) He felt **frustrated** 13:2a; Prov 3:5-6; 16:3, 7

This is a good time to consider that when we find ourselves in a spirit of despair, disappointment and despondency, there are a number of things that are not wise to do:

- It's not a time to make a major decision
- It's not a good time to make a major purchase
- It's not a good time to vent with emails or social media posts.
- It's not a good time to judge your spiritual life or the spiritual life of others.

4) He felt **defeated** 13:2b

### II. David's **SUPPLICATION** 13:3-4

When things are calm in our lives, WE SAY PRAYERS! When we're desperate, WE PRAY!

By the time we get to verse 3, something changes inside of David; his thoughts become more logical and rational; **HIS EMOTIONS ARE BEGINNING TO BE TAKEN OVER BY HIS MIND** (Romans 12:2 – "be transformed by the renewing of your mind")!

#### 1. The requests 13:3

1) Show me you care

2) Show me you're here

"O LORD my God"

- **YAWEH** = the God who makes and keeps covenant with His people

- **ELOHIM** = the God of power
- **"MY God"** - the God whom David thought had forgotten him was the only God there was!

### 3) Show me your light Ps 19:8

Sometimes prayer changes THINGS; sometimes prayer changes PEOPLE; Most of the time, prayer changes ME!

## 2. The reason 13:4

David was concerned about God's reputation before the unsaved world; notice that David's heart was changed from being concerned about HIMSELF (1-2) to being concerned about the GLORY OF GOD.

## III. David's SONG 13:5-6

**"But I"** - there is a change of mood; God has answered David's request for a renewed vision. Note that his circumstances had not changed but his perspective had changed because of his prayer and God's Word.

There were three steps David took when he felt God had forgotten about him:

### 1. He remembered God's Loyal Love 13:5a; 34:15-19; 102:17; Isaiah 49:14-16

David realized that in God's steadfast/loyal love there can be NO FORGETTING.

### 2. He Rejoiced in God's deliverance 13:5b; 68:20

### 3. He Responded with public praise 13:6

**Psalm 13:6 (ESV)** <sup>6</sup> I will sing to the LORD, because he has dealt bountifully with me.

He was encouraged to remember that although his circumstances had not changed, NEITHER HAD GOD:

- God is eternal - He cannot DIE
- God is truth - He cannot LIE
- God is faithful and loves with loyal love - He cannot DENY (forget)

**Application:** Note at the end of this psalm that David makes a decision. He says, "I have trusted" in verse 4 and, "I will sing to the Lord" in verse 5. We cannot control our circumstances; we can control our response.

## Study Questions:

1. Note how honest David was with God. What hinders us from feeling the freedom to be honest with God about our emotions?
2. Some Christians believe that our emotions don't really play a part in our Christian experience. Do you agree or disagree? Is God an emotional being? What extremes should we avoid when it comes to our emotions?
3. Lamenting is a process. Describe the phases that David went through when he was going through the process of lamentation.
4. Read Philippians 4:4-9. What are some insights from Paul in this passage that help us go through the process of lamentation?
5. How does "singing" play a role in moving from despair and disappointment to confidence in God. How has God used a Christian song in your life to encourage or strengthen you when you went through a difficult time?