

A Pattern of Lament

Psalm 13

1. Reveal your heart to God.

- a. Acknowledge you feel _____.
- b. Acknowledge you feel _____.
- c. Acknowledge you feel _____.
- d. Acknowledge you feel _____.
- e. Acknowledge you feel _____.

2. Repeat your pleas to God.

- a. Help me _____!
- b. Help me _____!
- c. Help me _____!

3. Resolve to trust in God.

- a. Resolve to _____.
- b. Resolve to _____.



**A Pattern of
Lament
Psalm 13**

Psalm 13

For the choir director. 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 shall I take counsel in my soul,

Having sorrow in my heart all the day?

How long will my enemy be exalted over me?

Psalm 13

³ Consider and answer me, O LORD, my God;
Enlighten my eyes, or I will sleep the sleep of death,
⁴ And my enemy will say, “I have overcome him,”
And my adversaries will rejoice when I am shaken.

Psalm 13

⁵ But I have trusted in Your lovingkindness;
My heart shall rejoice in Your salvation.

⁶ I will sing to the LORD,
Because He has dealt bountifully with me.

Big Idea

God has given us a pattern of lament for our comfort and assurance when trials come and especially when they persist.



A Pattern of Lament

1. Reveal your heart to God.

Acknowledge Your Despair

Psalm 13:1-2

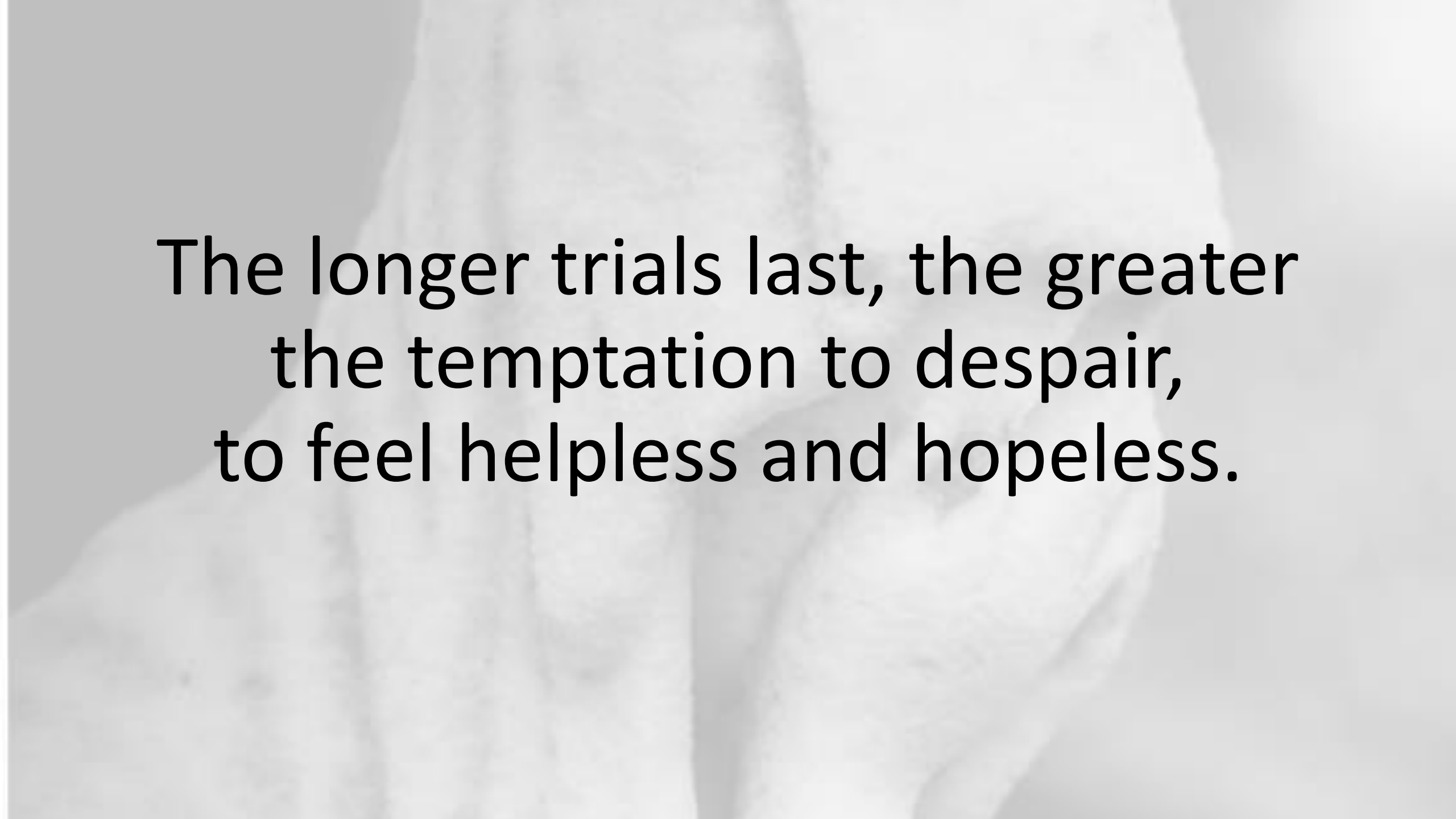
How long, O LORD? Will you forget me forever?

How long will You hide Your face from me?

How long shall I take counsel in my soul,
Having sorrow in my heart all the day?

How long will my enemy be exalted over me?

“How long” is asked 18x in 12 Psalms!



The longer trials last, the greater
the temptation to despair,
to feel helpless and hopeless.

Acknowledge You Feel Forgotten

Psalm 13:1-2

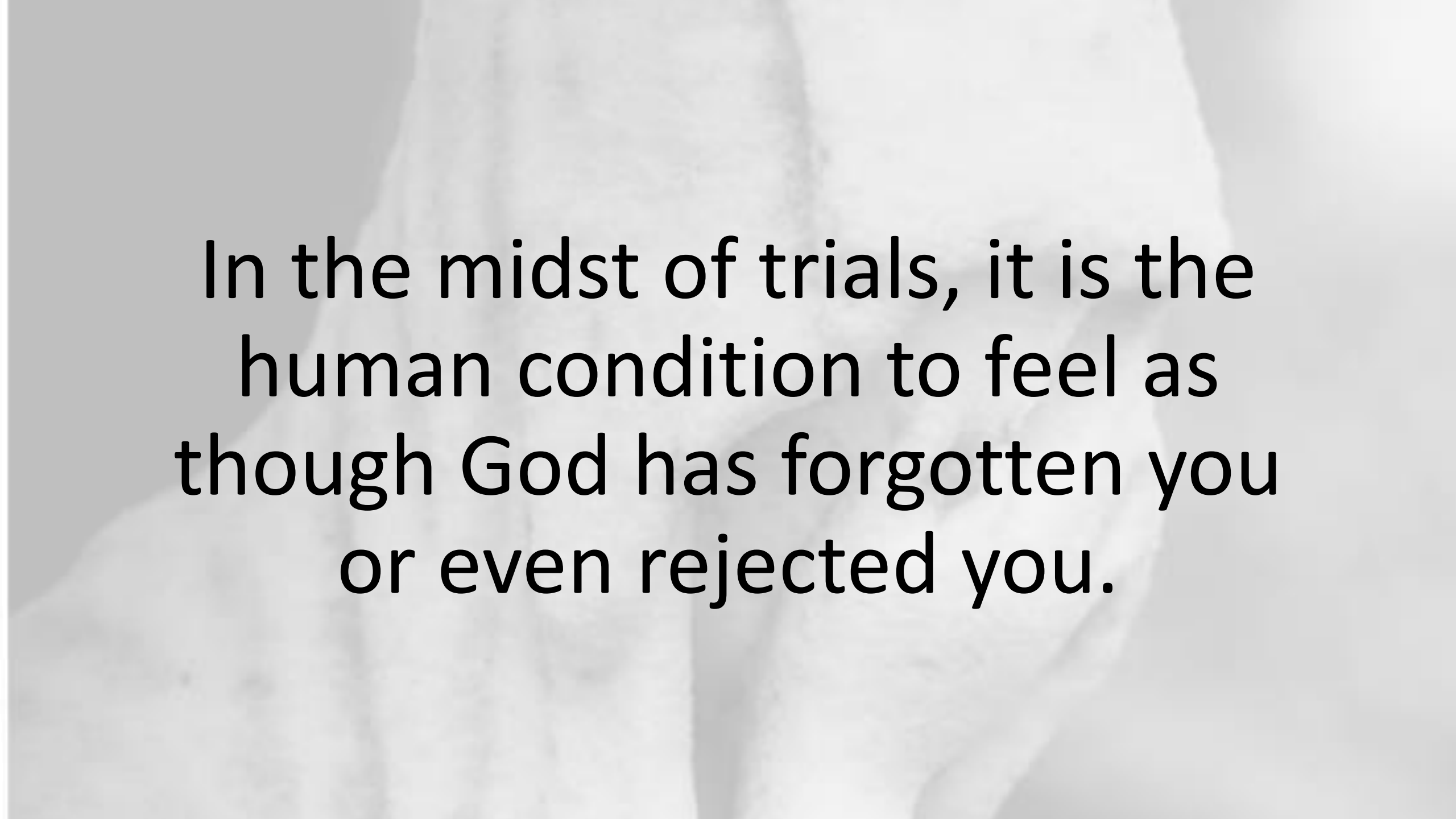
How long, O LORD? **Will you forget me forever?**

How long will You hide Your face from me?

How long shall I take counsel in my soul,

Having sorrow in my heart all the day?

How long will my enemy be exalted over me?



In the midst of trials, it is the human condition to feel as though God has forgotten you or even rejected you.

Acknowledge You Feel Forsaken

Psalm 13:1-2

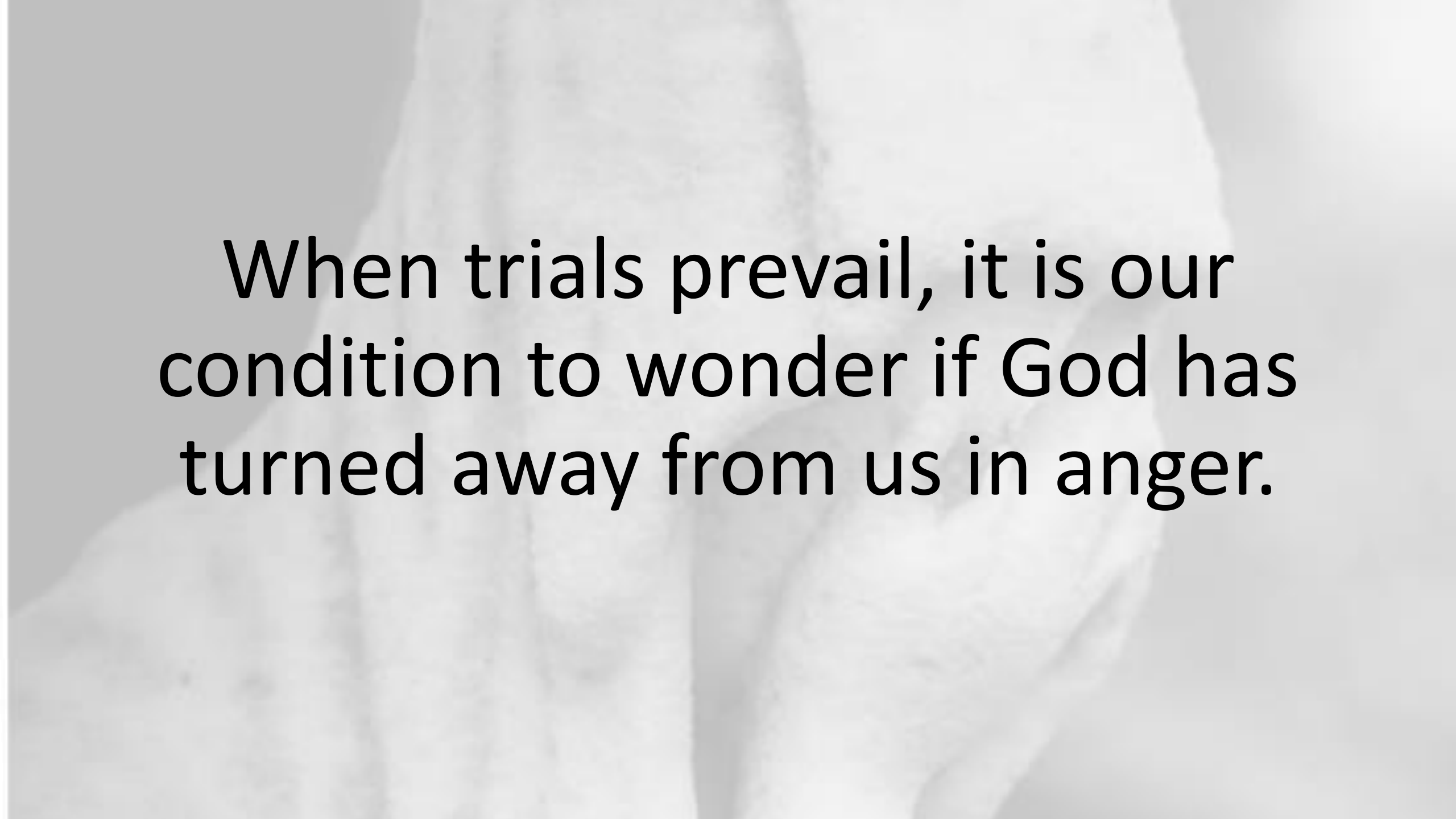
How long, O LORD? Will you forget me forever?

How long will You hide Your face from me?

How long shall I take counsel in my soul,

Having sorrow in my heart all the day?

How long will my enemy be exalted over me?



When trials prevail, it is our condition to wonder if God has turned away from us in anger.

Forsaken of God

Deuteronomy 31:17

“Then My anger will be kindled against them in that day,
and **I will forsake them and hide My face from them,**
and they shall be consumed, and many evils and troubles
shall come upon them;”



What if He is angry?

Christ was forsaken for you!

Matthew 27:46

And about the ninth hour Jesus cried out with a loud voice,
saying, “Eli, Eli, lama sabachthani?” that is,
“My God, My God, why have You forsaken Me?”

Acknowledge You Feel Deserted

Psalm 13:1-2

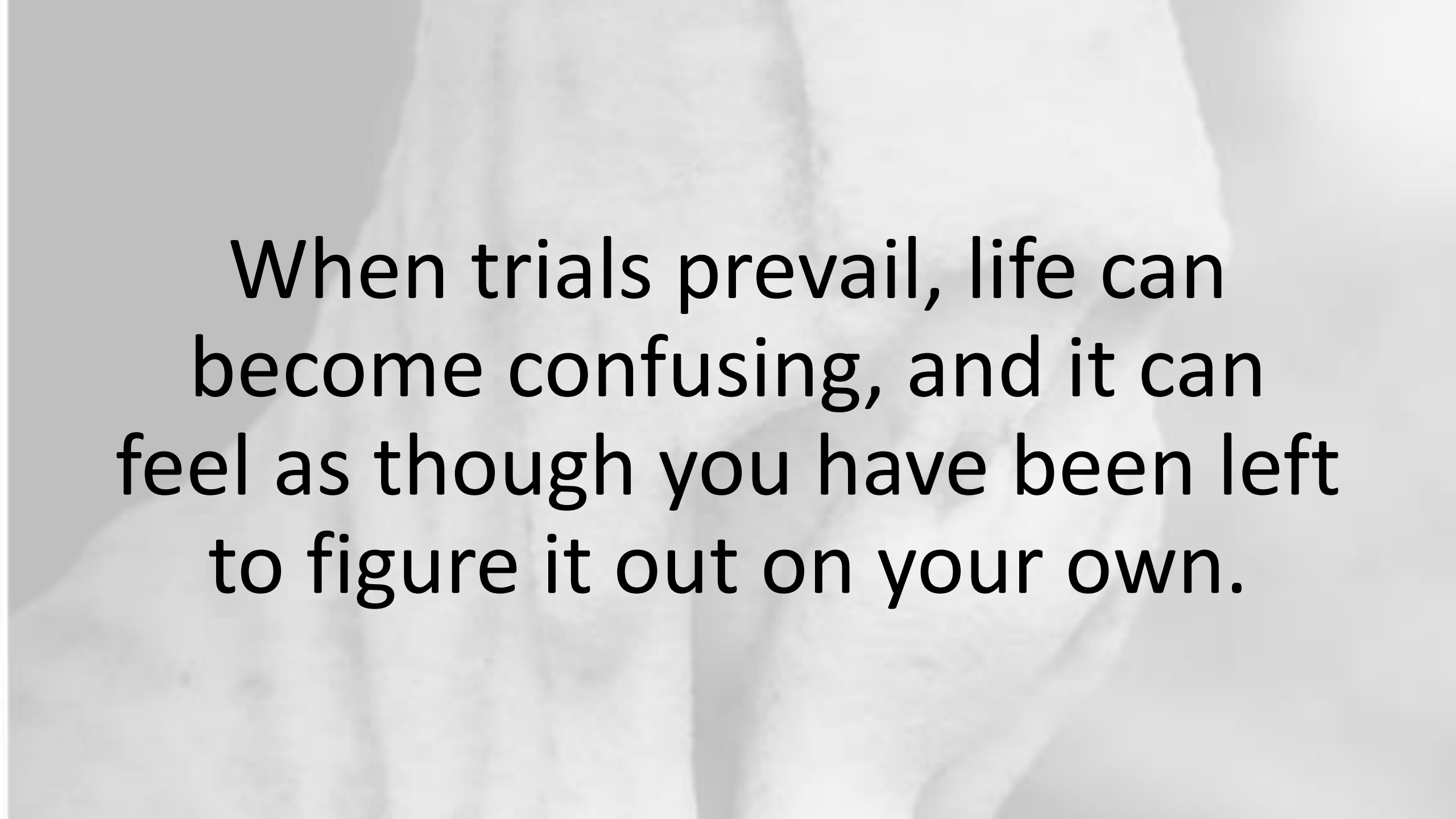
How long, O LORD? Will you forget me forever?

How long will You hide Your face from me?

How long shall I take counsel in my soul,

Having sorrow in my heart all the day?

How long will my enemy be exalted over me?



When trials prevail, life can become confusing, and it can feel as though you have been left to figure it out on your own.

Acknowledge You feel Overwhelmed

Psalm 13:1-2

How long, O LORD? Will you forget me forever?

How long will You hide Your face from me?

How long shall I take counsel in my soul,

Having sorrow in my heart all the day?

How long will my enemy be exalted over me?

Acknowledge You feel Overwhelmed

Psalm 13:1-2

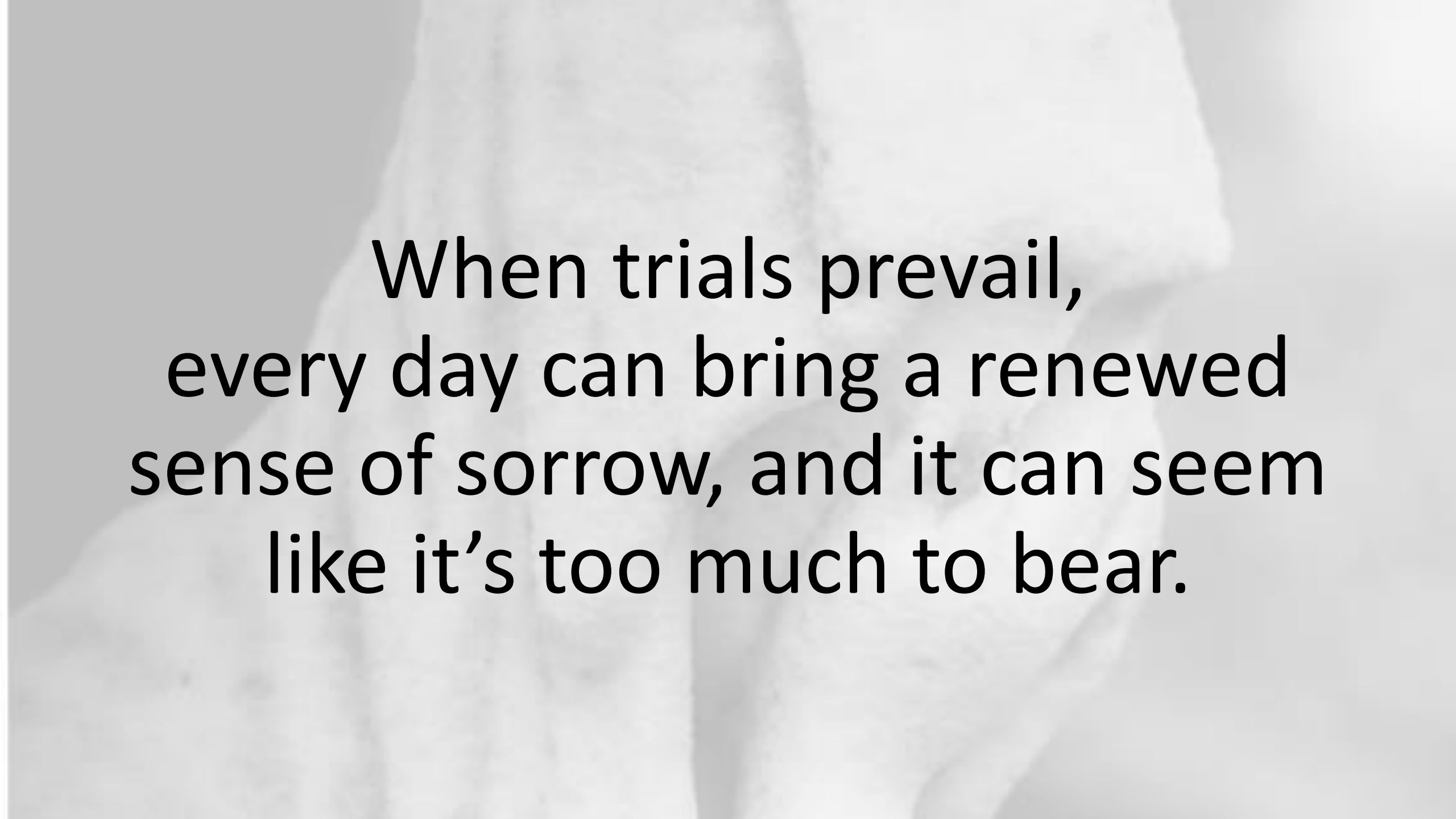
How long, O LORD? Will you forget me forever?

How long will You hide Your face from me?

How long shall I take counsel in my soul,

Having sorrow in my heart all the day?

How long will my enemy be exalted over me?



When trials prevail,
every day can bring a renewed
sense of sorrow, and it can seem
like it's too much to bear.

Acknowledge You Feel Betrayed

Psalm 13:1-2

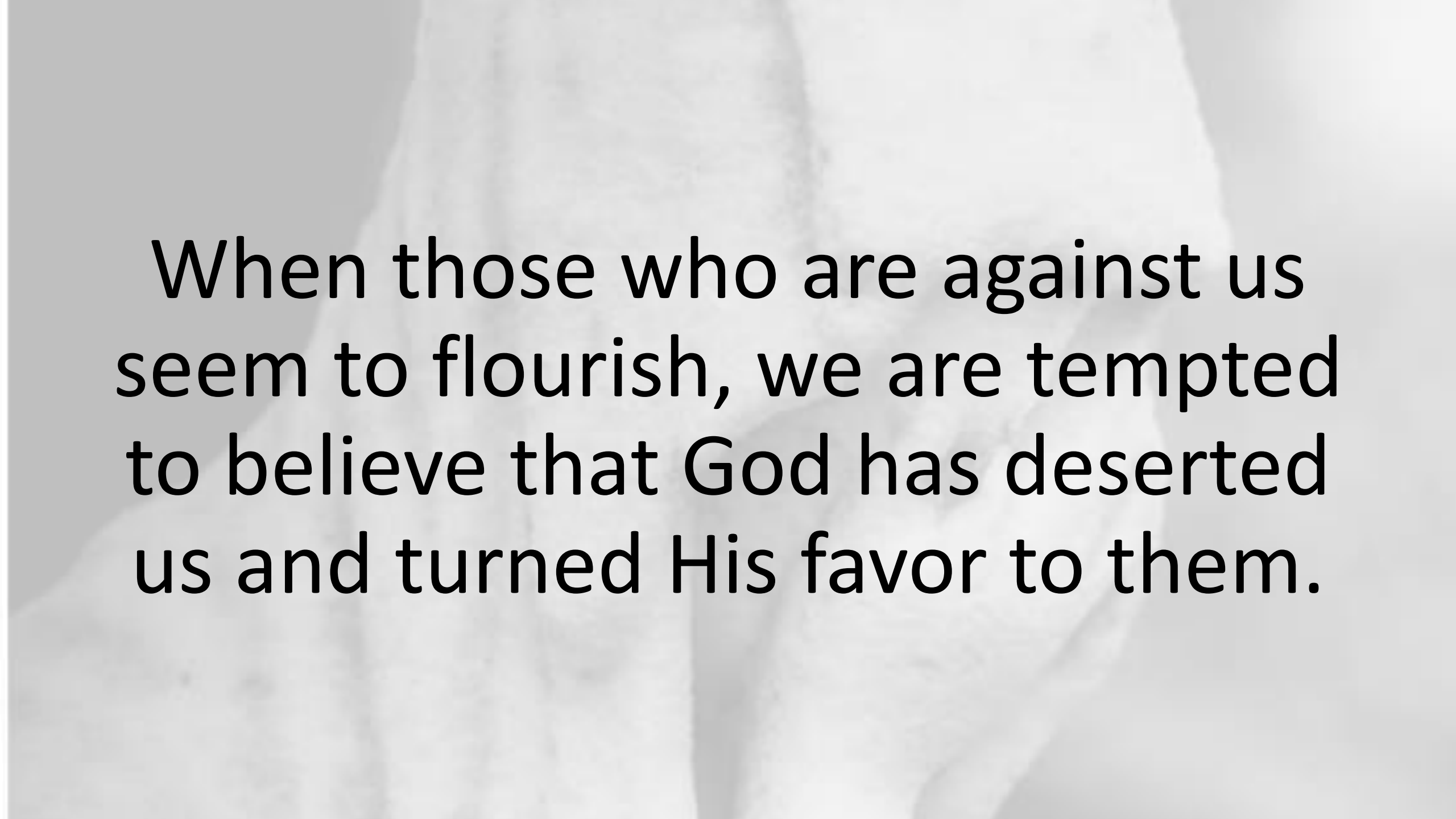
How long, O LORD? Will you forget me forever?

How long will You hide Your face from me?

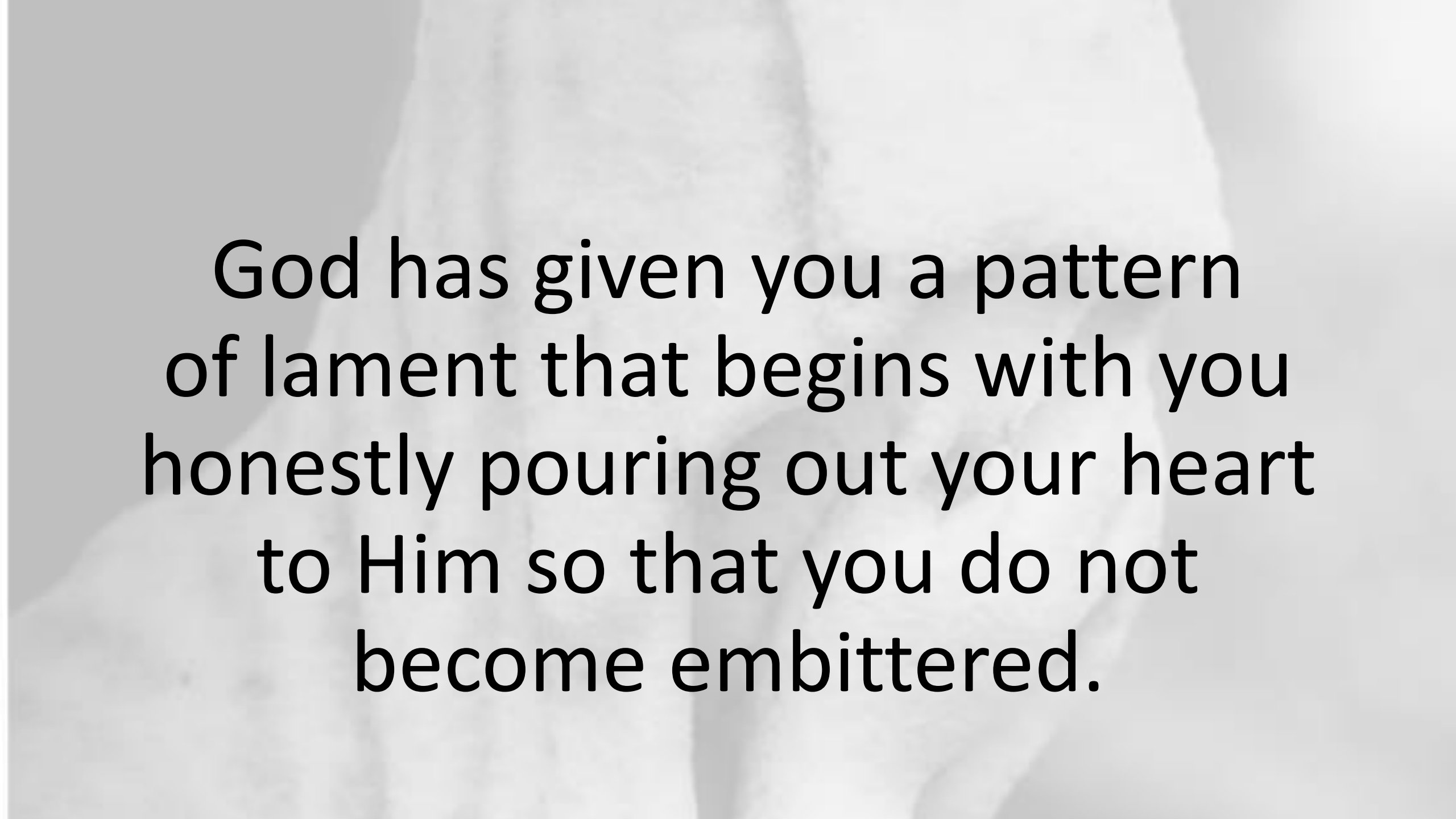
How long shall I take counsel in my soul,

Having sorrow in my heart all the day?

How long will my enemy be exalted over me?



When those who are against us seem to flourish, we are tempted to believe that God has deserted us and turned His favor to them.



God has given you a pattern
of lament that begins with you
honestly pouring out your heart
to Him so that you do not
become embittered.



A Pattern of Lament

1. Reveal your heart to God.

2. Repeat your pleas to God.

Repeat Your Plea!

Psalm 13:3-4

³ Consider and answer me, O LORD, my God;
Enlighten my eyes, or I will sleep the sleep of death,

⁴ And my enemy will say, "I have overcome him,"
And my adversaries will rejoice when I am shaken.

"Answer me" is repeated 17x in 13 Psalms!

"Hear me" is repeated 14x in 14 Psalms!

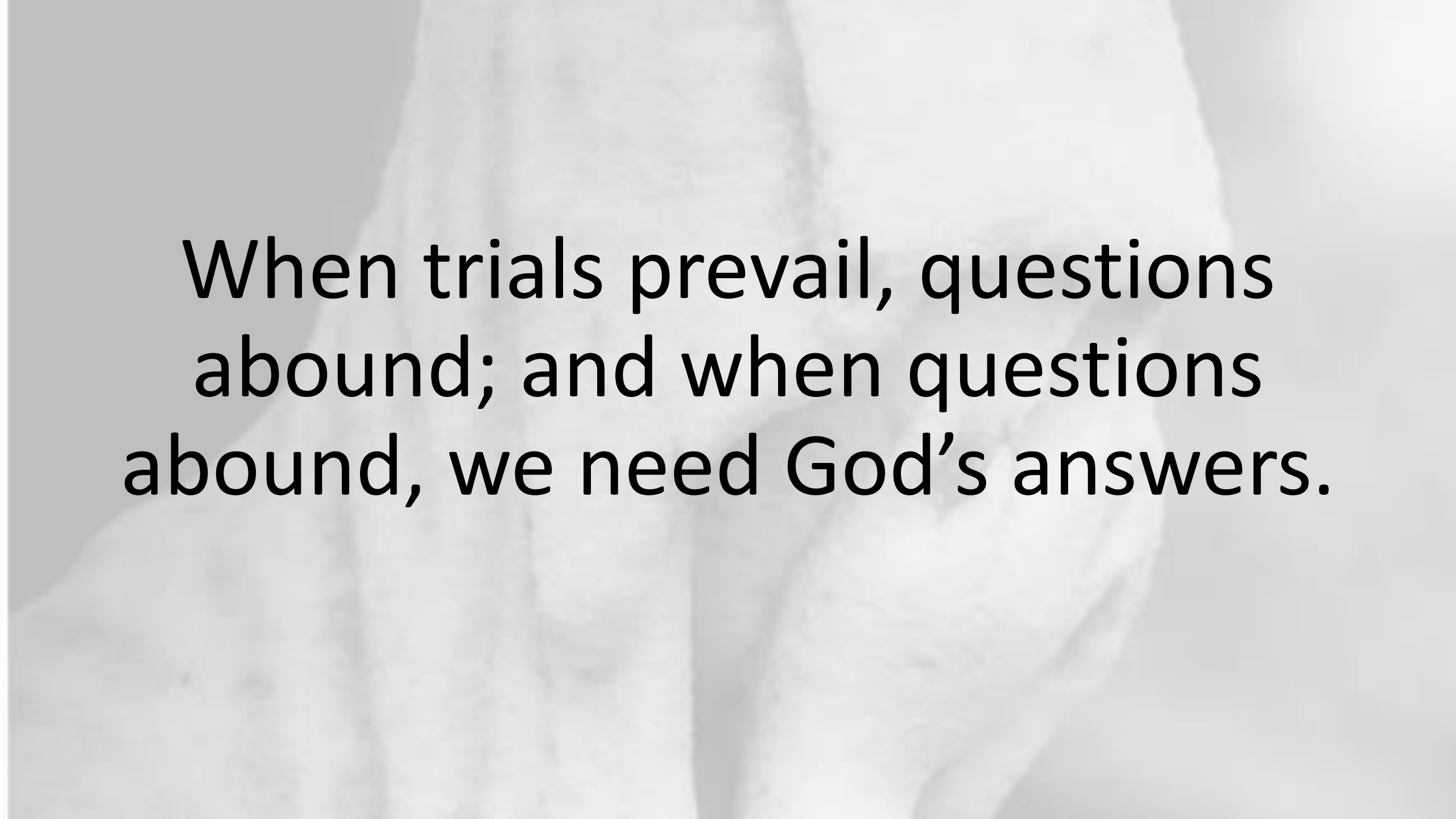


Your Plea?

Help me understand!

Psalm 13:3-4

³ **Consider and answer me**, O LORD, my God;
Enlighten my eyes, or I will sleep the sleep of death,
⁴ And my enemy will say, "I have overcome him,"
And my adversaries will rejoice when I am shaken.



When trials prevail, questions
abound; and when questions
abound, we need God's answers.

Our Temptation?

Psalm 13:1-2

How long, O LORD? Will you forget me forever?

How long will You hide Your face from me?

How long shall **I take counsel in my soul,**

Having sorrow in my heart all the day?

How long will my enemy be exalted over me?

How DOES God answer?

Psalm 143:7-10

Answer me quickly, O LORD, my spirit fails;

Do not hide Your face from me,

Or I will become like those who go down to the pit.

Let me hear Your lovingkindness in the morning;

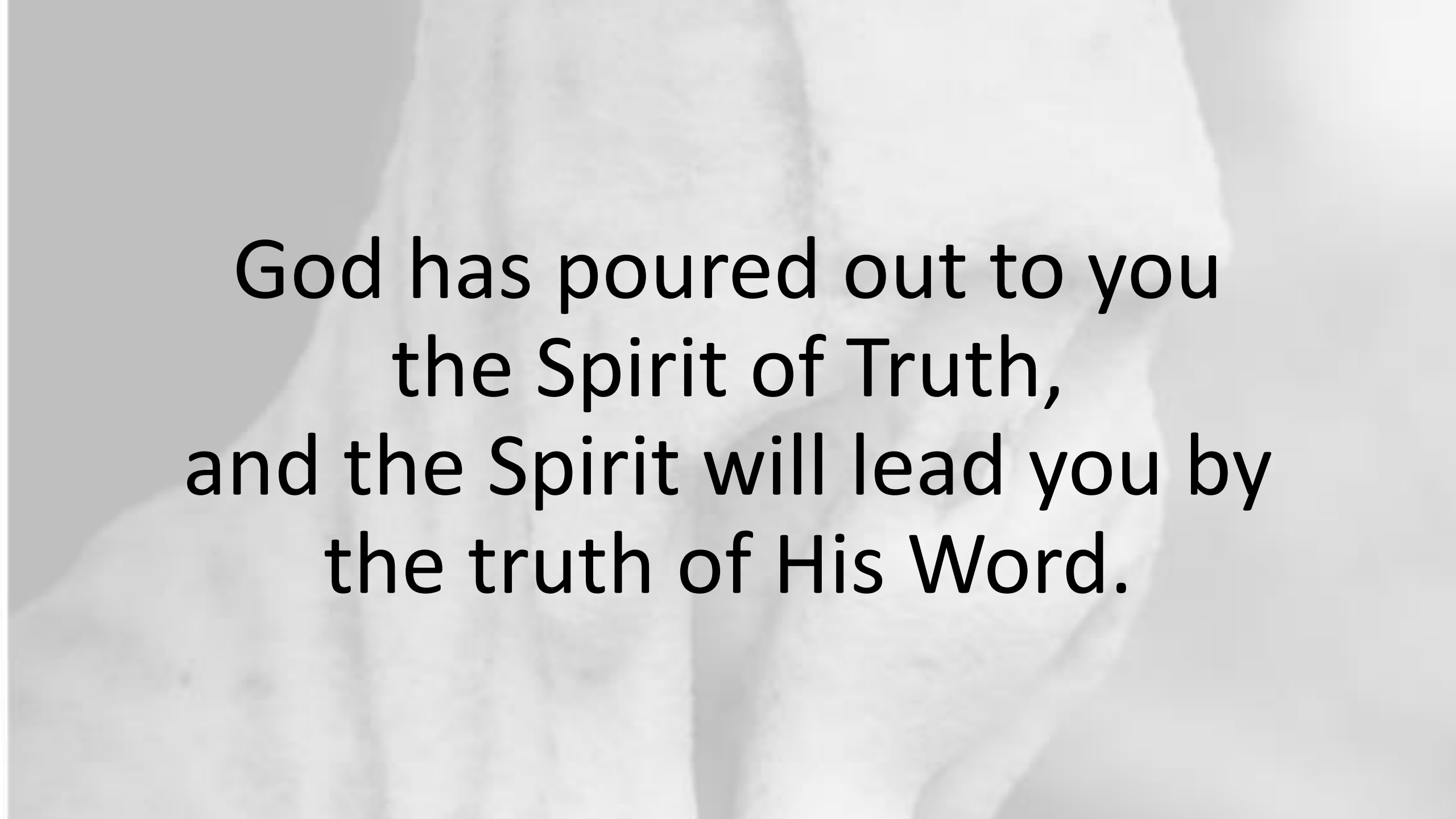
For I trust in You; Teach me the way in which I should walk;

For to You I lift up my soul.

Deliver me, O LORD, from my enemies; I take refuge in You.

Teach me to do Your will, For You are my God;

Let Your good Spirit lead me on level ground.



God has poured out to you
the Spirit of Truth,
and the Spirit will lead you by
the truth of His Word.

The Basis of Your Plea?

Psalm 13:3-4

³ Consider and answer me, **O LORD, my God;**
Enlighten my eyes, or I will sleep the sleep of death,
⁴ And my enemy will say, "I have overcome him,"
And my adversaries will rejoice when I am shaken.

**Plead with Him on the basis
of His covenant love for you
sealed by the blood of Christ!**



Your Plea?

Help me understand!

Help me believe!

Psalm 13:3-4

³ Consider and answer me, O LORD, my God;

Enlighten my eyes, or I will sleep the sleep of death,

⁴ And my enemy will say, “I have overcome him,”
And my adversaries will rejoice when I am shaken.

Psalm 18:28

For You light my lamp;
the LORD my God illumines my darkness.

The Light that illumines to faith.

John 1:9

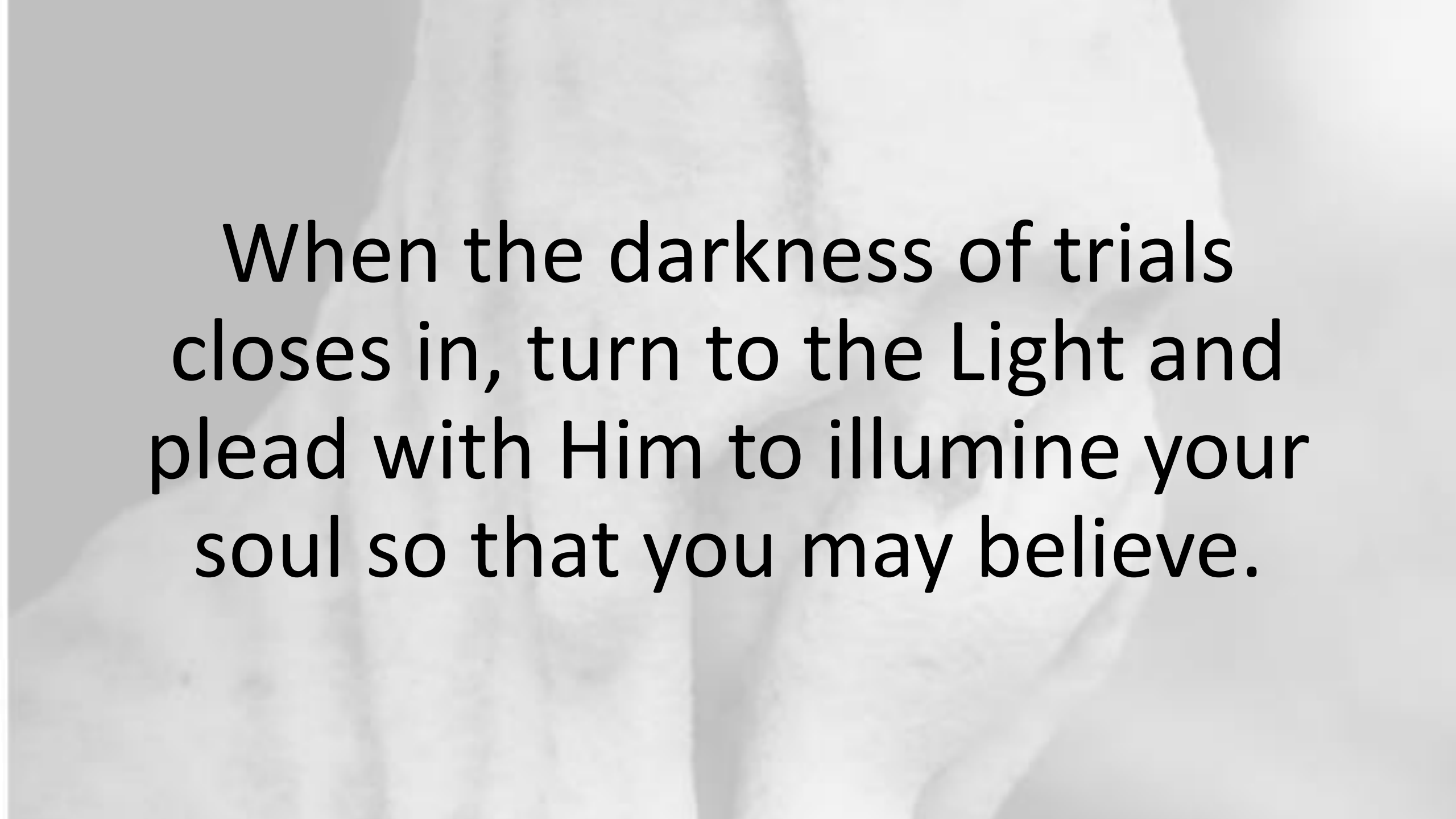
There was the true light which,
coming into the world, **enlightens** every man.

John 12:36

While you have the light, **believe in the light**,
in order that you may become sons of light.

John 12:46

I have come as light into the world, that everyone who
believes in Me may not remain in darkness.



When the darkness of trials
closes in, turn to the Light and
plead with Him to illumine your
soul so that you may believe.

Pray that the eyes of your heart may be enlightened, so that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, and what is the surpassing greatness of His power toward us who believe.

(Eph. 1:18-19)

If darkness persists?

Psalm 13:3-4

³ Consider and answer me, O LORD, my God;

Enlighten my eyes, or **I will sleep the sleep of death,**

⁴ And my enemy will say, "I have overcome him,"
And my adversaries will rejoice when I am shaken.

Humble yourself, admit your doubt,
and plead for God's help;
apart from it you will surely die.

Mark 9:24

Immediately the boy's father cried out and began saying,
"I do believe; **help my unbelief.**"



Your Plea?

Help me understand!

Help me believe!

Help me prevail!

Psalm 13:3-4

³ Consider and answer me, O LORD, my God;
Enlighten my eyes, or I will sleep the sleep of death,

⁴ And **my enemy will say,**

“I have overcome him,”

And my adversaries will rejoice when I am shaken.

Psalm 13:3-4

³ Consider and answer me, O LORD, my God;
Enlighten my eyes, or I will sleep the sleep of death,

⁴ And my enemy will say, "I have overcome him,"

**And my adversaries will rejoice
when I am shaken.**

Enemies abound against you,
but Christ has purchased your
victory over every one of them so
that you may prevail against them.

Stand firm then in faith!

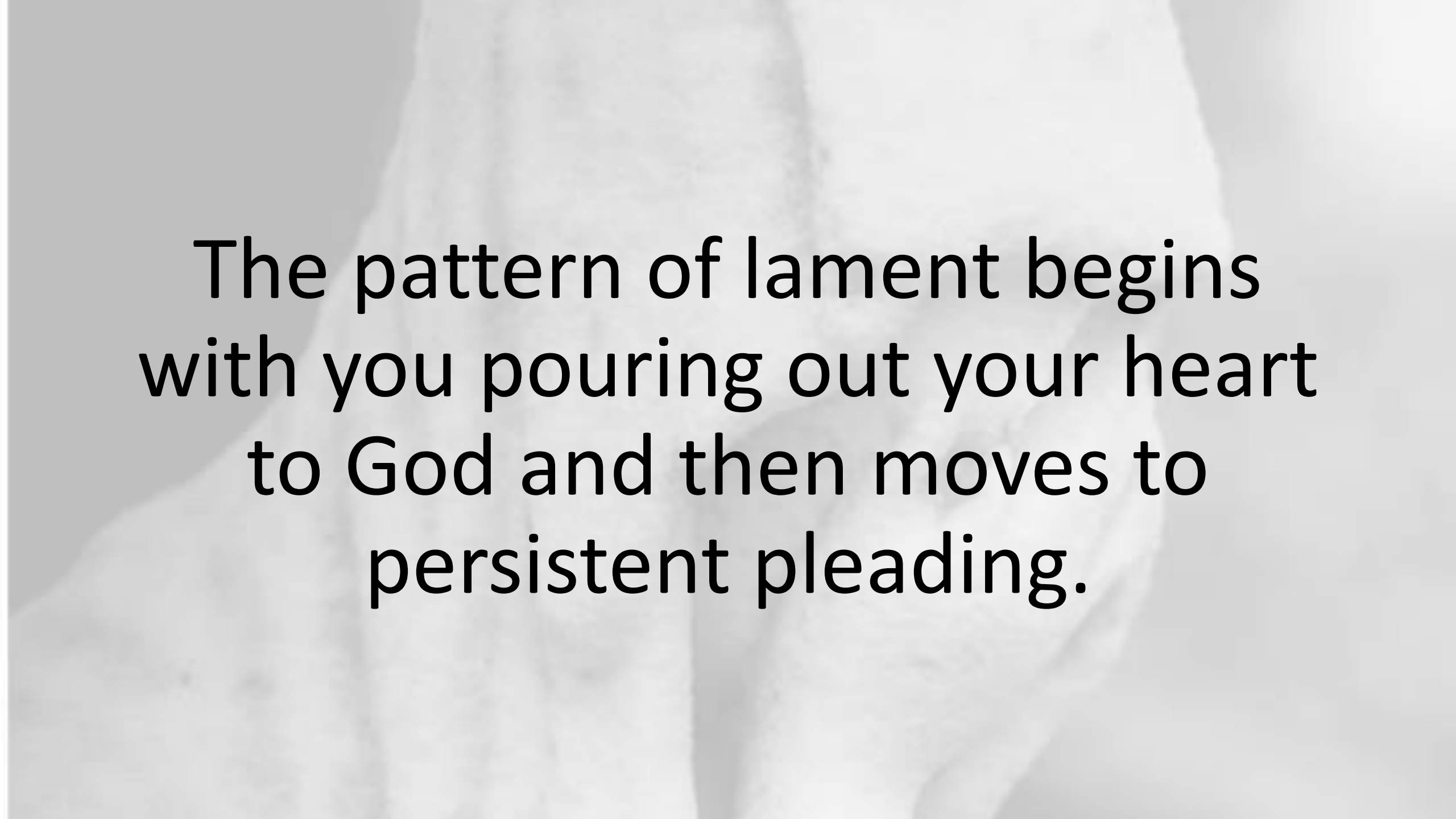
Stand Firm!

Ephesians 6:11-13

Put on the full armor of God, that you may be able to **stand firm** against the schemes of the devil.

For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places.

Therefore, take up the full armor of God, that you may be able to resist in the evil day, and having done everything, to **stand firm**.



The pattern of lament begins with you pouring out your heart to God and then moves to persistent pleading.



A Pattern of Lament

1. Reveal your heart to God.
2. Repeat your plea to God.

3. Resolve to trust in God.

Resolve to Trust

Psalm 13:5-6

⁵ But I have trusted in Your lovingkindness;
My heart shall rejoice in Your salvation.

⁶ I will sing to the LORD,
Because He has dealt bountifully with me.

Resolve?

Psalm 13:5-6

But **I have** trusted in Your lovingkindness;

My heart shall rejoice in Your salvation.

I will sing to the LORD,

Because He has dealt bountifully with me.

Resolve...to wait by faith.

Psalm 13:5-6

But **I have trusted** in Your lovingkindness;

My heart shall rejoice in Your salvation.

I will sing to the LORD,

Because He has dealt bountifully with me.

Trials require patient waiting.

Waiting requires trust.

Waiting for What?

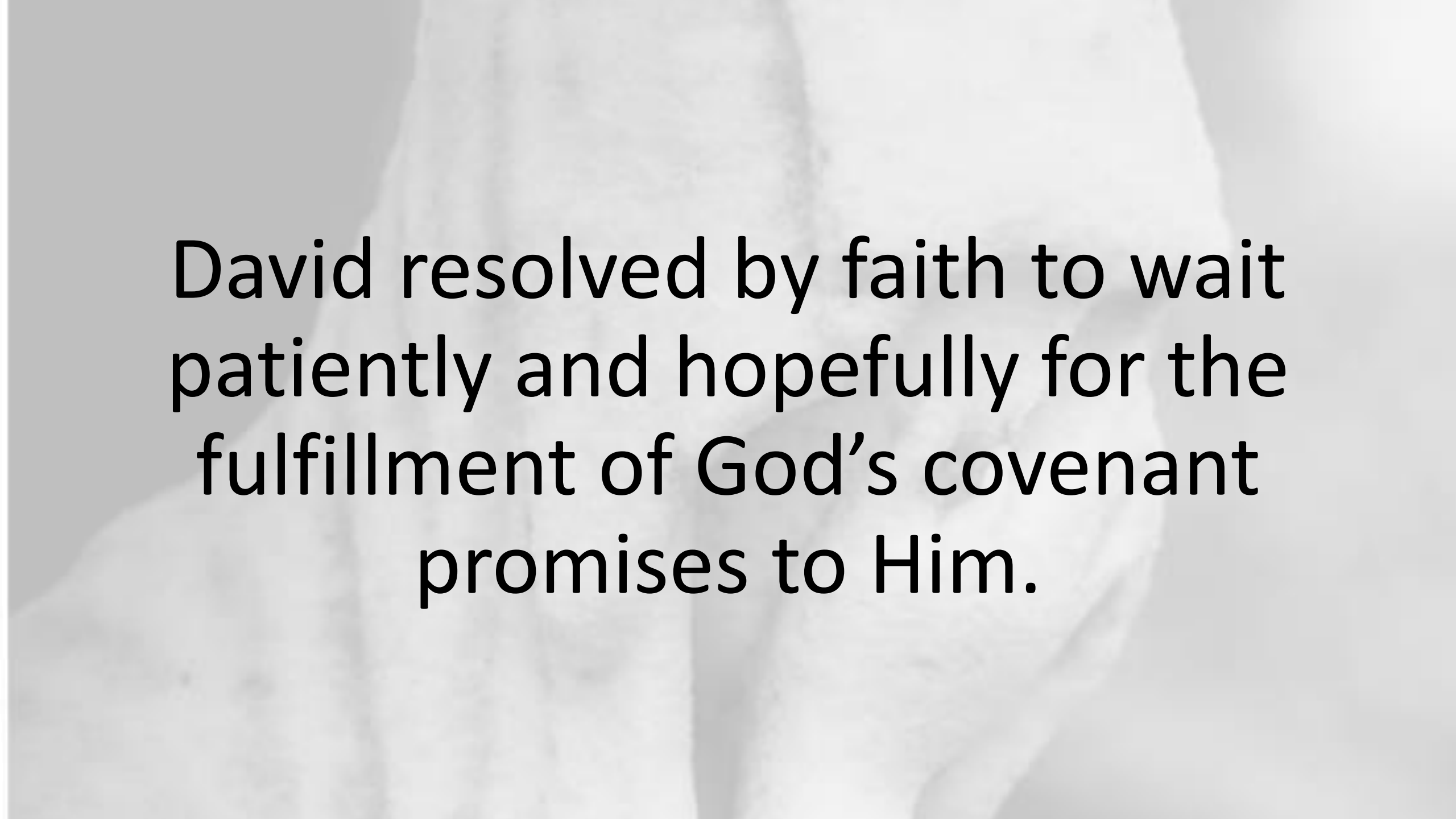
Psalm 13:5-6

But I have trusted in **Your lovingkindness;**

My heart shall rejoice in Your salvation.

I will sing to the LORD,

Because He has dealt bountifully with me.



David resolved by faith to wait
patiently and hopefully for the
fulfillment of God's covenant
promises to Him.

We resolve to wait by faith!

Romans 8:25

But if we hope for what we do not see,
with perseverance **we wait eagerly for it.**

Philippians 3:20-21

For our citizenship is in heaven,
from which also **we eagerly wait** for a Savior,
the Lord Jesus Christ...

Resolve...to rejoice by faith.

Psalm 13:5-6

But I have trusted in Your lovingkindness;

My heart shall rejoice in Your salvation.

I will sing to the LORD,

Because He has dealt bountifully with me.

Rejoice in What?

Psalm 13:5-6

But I have trusted in Your lovingkindness;
My heart shall rejoice **in Your salvation.**

I will sing to the LORD,
Because He has dealt bountifully with me.

David believed in the salvation of
God though he could not see it.
He rejoiced with eyes of faith.

Hebrews 11:1

Now faith is the assurance of things hoped for,
the conviction of things **not seen.**

Resolve...to sing by faith.

Psalm 13:5-6

But I have trusted in Your lovingkindness;
My heart shall rejoice in Your salvation.

I will sing to the LORD,

Because He has dealt bountifully with me.

Why sing?

Psalm 13:5-6

But I have trusted in Your lovingkindness;
My heart shall rejoice in Your salvation.

I will sing to the LORD,

Because He has dealt bountifully with me.

Why do we rejoice and sing?

Romans 15:8-13

For I say that Christ has become a servant to the circumcision on behalf of the truth of God to confirm the promises given to the fathers...

Why do we rejoice and sing?

Romans 15:8-13

...and for the Gentiles to glorify God for His mercy; as it is written, "Therefore I will give praise to You among the Gentiles, And I will sing to Your name."

And again he says, "Rejoice, O Gentiles, with His people." And again, "Praise the Lord all you Gentiles, And let all the peoples praise Him.

"And again Isaiah says, "There shall come the root of Jesse, And He who arises to rule over the Gentiles, In Him shall the Gentiles hope."

How do we rejoice and sing?

Romans 15:8-13

Now may the God of hope fill you with all joy and peace **in believing**, that you may abound in hope **by the power of the Holy Spirit**.

The Bible does not gloss over the difficulties of our trials.

In fact, it highlights them and points to the impossibility of our triumph apart from a faithful and good God.

In His goodness, God gives a pattern for lament in trials that begins with honesty, moves to entreaty, and that can (and will) end in revelry.

Trials are your opportunity to remember God's promises and to revel in Christ, their fulfillment!