

DAVID'S PLAYLIST

A STUDY OF THE PSALMS

Guidance for the Sinking [Psalm 13]

Big Idea: When we feel like we are sinking and that God is not hearing our prayers, we must continue to trust Him, believing that in His time He will turn our despair into joy.

I. Lamenting in the Deep End [Psalm 13:1-2]

How Long, O Lord? [13:1]

- Struggling with God's Lack of Response [13:1]
- Struggling with Internal Battles [13:2]

II. Sinking in the Deep End [Psalm 13:3-4]

a. Three Pleas from a Troubled Heart [13:3]

- Look at Me [Attention]
- Answer Me [Relationship]
- Light Up My Eyes [Restoration]

b. David's Three Fears [13:4]

- Death
- Overpowered
- Shaken

III. Turning the Corner [Psalm 13:5-6]

a. Three Choices of Faith [for the sinking]

- Trusting in God's Steadfast Love [Psalm 11:1a]
- Rejoicing in God's salvation [Psalm 9:13-14]
- Praising God's Goodness [Psalm 95:1-2]

[Psalm 13:1-2] How long, O Lord? [Psalm 79:5, 89:46a]
[1] Will you forget me forever? [Psalm 10:12, 44:24, 74:19, 23, Lamentations 5:20] [2] How long will you hide your face from me? [Job 13:24, Psalm 77:7-9]
[3] ² How long must I take counsel in my soul [4] and have sorrow in my heart all the day? [5] How long shall my enemy be exalted over me?

[Lamentations 5:20] Why do you forget us forever, why do you forsake us for so many days?

[Psalm 77:7-9] Will the Lord spurn forever, and never again be favorable? ⁸ Has his steadfast love forever ceased? Are his promises at an end for all time? ⁹ Has God forgotten to be gracious? Has he in anger shut up his compassion?" *Selah*

[Psalm 13:3-4] ³ Consider and answer me, O Lord my God; [Psalm 5:1, 119:153] light up my eyes, [Psalm 19:8, Ezra 9:8, John 8:12, Ephesians 1:15-18,] lest [H: pen, or] I sleep the sleep of death, ⁴ lest my enemy say, "I have prevailed over him," lest my foes rejoice because I am shaken.

[John 8:12] Again Jesus spoke to them, saying, "I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life."

[Ephesians 1:18] . . . having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints, . .

[Psalm 13:5-6] 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.

[Psalm 11:1] In the Lord I take refuge; . . .

[Psalm 9:13-14] Be gracious to me, O Lord! See my affliction from those who hate me, O you who lift me up from the gates of death,¹⁴ that I may recount all your praises, that in the gates of the daughter of Zion I may rejoice in your salvation.

[Psalm 95:1-2] Oh come, let us sing to the Lord; let us make a joyful noise to the rock of our salvation! ² Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise!

Study Questions and Prayer

- Read Psalm 13:1-2. Have you ever asked God any of the five questions David asked? Why or why not? If you did, what were you going through at the time? Do you think God heard what you said? Why?
- Read Psalm 13:3-4, Psalm 19:8, Ezra 9:8, John 8:12, and Ephesians 1:15-18. Have you ever asked God to "light up your eyes" [provide you the hope of a restored perspective]? How did God move?
- Read Psalm 13:5-6 [also review the "Three Choice of Faith" and the corresponding verses in the outline]. Where in your life do you need to stop striving and start trusting God?
- Pray asking God to help you to rest in His power, trust in His presence, and be still in His sovereignty – giving you confidence – not in yourself – but in Him.