

Summer in the Psalms

Lesson Five • Psalm 13

Living Beyond Despair

The Purpose of Psalm 13:

David wrote this lament to encourage people in the pit of despair to get up and LIVE when you want to lie down and DIE.

You Know You're Living *In Despair* When You...

1. Fall Flat on Your Face in the PIT!

*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 daily?
How long will my enemy be exalted over me? Psalm 13:1-2*

Four Mental Escape Routes We Often Take in the Pit of Despair:

- "God has FORGOTTEN me forever."

- "God doesn't CARE about me."

- "I will WORK things out for myself."

- "I don't DESERVE this."

When We're in This Frame of Mind:

We tend to focus not only on the DEPTH of our trials and troubles, but also on the LENGTH of our trials and troubles.

You Know You're Living *Beyond Despair* When You...

2. Get Up on Your Knees in PRAYER!

Consider and hear me, O Lord my God; enlighten my eyes, lest I sleep the sleep of death; lest my enemy say, "I have prevailed against him"; lest those who trouble me rejoice when I am moved. Psalm 13:3-4

Pray What David Prayed:

- Lord, SEE me and SPEAK to me.

- Lord, STRENGTHEN me.

3. Stand Up on Your Feet in PRAISE!

*But I have trusted in Your mercy; my heart shall rejoice in Your salvation.
I will sing to the Lord, because He has dealt bountifully with me. Psalm 13:5-6*

Three Reasons to Stand Up in Praise:

- Praise God for His steadfast LOVE.

- Praise God for His gracious DELIVERANCE.

- Praise God for His bountiful GOODNESS.

Living Beyond Despair:

You know you're ready to get up and live when you can honestly say,
"God has dealt bountifully with me!"