

PSALM 13 – PRAY YOUR PAIN REFLECTION

^{1a} How long, O LORD? Will you forget me forever?

How long has it been since you've been going through a rough time? How long has it been since you feel God has forgotten you? When was the last time you felt God's hand acting in your life? How long have you asked for something and nothing seems to be happening?

^{1b} How long will you hide your face from me?

Do you feel like you are under a curse? When was the last time you felt God's presence? What are your "what about me God?"

^{2a} How long must I take counsel in my soul

What kind of thoughts are you wrestling with? We all have our own set of voices that tell us that we are not good enough, too slow, too fat... Maybe you hate yourself and have suicidal thoughts. What are your honest thoughts about God right now?

^{2b} and have sorrow in my heart all the day?

What's in your heart? What are you feeling? Irritated, upset, lousy, discouraged, ashamed, guilty, dissatisfied, in despair, embarrassed, pessimistic, tensed, alone, useless, paralyzed, jealous, inferior, empty, distressed, weary, anxious, threatened, rejected, afflicted, in turmoil, dismayed, lonely?

^{2c} How long shall my enemy be exalted over me?

Who are your enemies? Physical illness, somebody at work, somebody in your house, you? Porn, lust, anorexia, bulimia, compulsive shopping? How long have they been triumphing over you?

^{3a} Consider and answer me, O LORD my God;

What kind of answers do you need? Tell him...

^{3b} Light up my eyes, lest I sleep the sleep of death;

Ask him for perspective in the midst of your situation.

⁴ Lest my enemy say, "I have prevailed over him," lest my foes rejoice because I am shaken.

How do you think your enemies might rejoice over you if you fall? What will they say about you? About God?
