



PSALM 13

LEAN INTO LAMENT







WHAT DO YOU DO WHEN
THE 'PIT EXPERIENCES'
COME?



SUNDAY SCHOOL REVIEW OF DAVID

PSALM 13 (NIV)

How long, Lord? Will you forget me forever?
How long will you hide your face from me?
How long must I wrestle with my thoughts
and day after day have sorrow in my heart?
How long will my enemy triumph over me?

Look on me and answer, Lord my God.
Give light to my eyes, or I will sleep in death,
and my enemy will say, "I have overcome him,"
and my foes will rejoice when I fall.

But I trust in your unfailing love;
my heart rejoices in your salvation.
I will sing the Lord's praise,
for he has been good to me.





PUTTING THE PSALM INTO OUR CONTEXT

- HARDSHIP IS PART OF LIFE
- QUESTIONS HAVE NOT CHANGED

**1. Addressing God &
Crying out to Him**

3. Hope Restored

2. Requests to God



1. Addressing God & Crying Out to Him

Psalm 13:1-2 (NIV)

How long, Lord? Will you forget me forever?

How long will you hide your face from me?

How long must I wrestle with my thoughts
and day after day have sorrow in my heart?

How long will my enemy triumph over me?





Where are you, God?
Have you forgotten me?
How long, God?



PUTTING THE PSALM INTO OUR CONTEXT

- HARDSHIP IS PART OF LIFE
- QUESTIONS HAVE NOT CHANGED

When the Pit Experiences Come...
It's OK to Lament

Pic here ??

2. Requests to God

Psalm 13:3-4 (NIV)

Look on me and answer, Lord my God.

Give light to my eyes, or I will sleep in death,
and my enemy will say, "I have overcome him,"
and my foes will rejoice when I fall.



Look on Me



Answer Me

Pic here?

Give Light to My Eyes

Pic here?

OR use alternative slide



GIVE LIGHT
TO MY EYES



When you are in the pit
of despair...

- Keep requesting
- Trust that God is with you

3. Hope Restored

Psalm 13:5-6 (NIV)

But I trust in your unfailing love;
my heart rejoices in your salvation.
I will sing the Lord's praise,
for he has been good to me.



*Hope is the confident
expectation of what god hs
promised. Its strength is in
gods faithfulness*





Hope is the confident
expectation of what
God has promised.
Its strength is in
God's faithfulness.

How do we experience hope when pit experiences come?

- Trust God's promises



How do we experience hope when pit experiences come?

- Trust God's promises
- Remember God's faithfulness



How do we experience hope when pit experiences come?

- Trust God's promises
- Remember God's faithfulness
- Pay attention to God all around



How do we experience hope when pit experiences come?

- Trust God's promises
- Remember God's faithfulness
- Pay attention to God all around
- Wait expectantly





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