

## Where is God in this?

Psalm 13 -

By Tony Richardson

Sunday, 05 October 2008 00:00

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Psalm 13 has common elements of stress and distress of life.

1. Prayer. This is the first thing to do. Sometimes it is difficult to pray because the stress of the situation leaves us washed out and weary. We need others to pray for us, when we cannot pray for ourselves. The Psalmist feels like God is not listening to him and has forgotten him. We sometimes think we cannot complain to God. There is release and freedom when we can come to God and off-load our troubles.
2. How long will we store up feelings within us? Name and own what is troubling you. We may find things being dredged up and needs to be dealt with.
3. How long will our enemy (illness) dominate us? We need to walk with others who are going through tough times and struggling. Learn to pray for each other, maybe one person in particular to pray through their time of stress and distress.
4. How long is this thing going to have me down? When will victory come?
5. Implore God to act, to bring restoration, bring brightness to their eyes, restore the spark within. Faith in God expressed that we will overcome - there is power in praise even if we don't feel like it. We don't know when victory will come, yet we praise God for that now. We have seen God act and bring victory before, therefore we know He will do it again. The Psalm ends on a high note.

Some practical things that may help

1. Pray and keep praying. Prayers of lament, powerlessness, frustration.
2. Pray prayers of desperation, tell God about your pain.
3. Read your Bible. Especially the Psalms. and prayer along with them where you have common ground. Make the Psalms your personal prayer.
4. Read a devotional based on prayer
5. Rest in the Sovereignty of God. God is in charge despite appearances of what is going on. Trust in God.
6. Listen to what God is saying through Scripture, people etc.
7. Pickup common themes. e.g. A word or thought that keeps re-occurring
8. Journal. Record lessons learnt, heartaches endured. Write down what you are feeling and how God is acting in your life.

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### Long Term Results

1. You will be changed, lessons about yourself and God that you have learnt. You will be amazed at what God has done in your life.
  2. Physical healing may occur
  3. Complete healing may not come but you will reach a level where you can cope with what is going on.
  4. There will be spiritual and emotional growth despite the lack of physical healing.
  5. Faith will be stretched. Your faith muscles will grow along with your faith in God.
  6. Grow in your relationship to God. You will learn to relinquish control to God. Let go and let God.
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### Psalm 13:1-6 (ESV) **How Long, O Lord?** **To the choirmaster. A Psalm of David.**

13:1 How long, O Lord? Will you forget me forever?  
How long will you hide your face from me?  
2 How long must I take counsel in my soul  
and have sorrow in my heart all the day?  
How long shall my enemy be exalted over me?

3 Consider and answer me, O Lord my God;  
light up my eyes, lest I sleep the sleep of death,  
4 lest my enemy say, "I have prevailed over him,"  
lest my foes rejoice because I am shaken.

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. ( [ESV](#) )