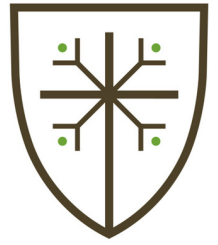




SUMMER PSALMS

An Ordinary Time Sermon Series 2026

SERMON NOTES



August 2, 2026

SERMON INFO

TITLE

"Anguish to Assurance"

PREACHER

Rev. Craig Chapman

TEXTS

Psalms 13

Hebrews 6:13-20

Mark 4:35-41

DISCUSSION QUESTIONS

1. How is it a comfort to us that there are so many psalms of lament in the Bible?
2. What does this psalm call us to do when we are tempted to despair in our circumstances?
3. Who are some of the people in your life who have set an example of faithfulness?

SERMON IN SUMMARY

This week, Craig led us in a look at one of the many psalms of lament. Lament is the largest category of psalms in the Bible, a much needed reminder that God invites us to come to him in all circumstances, even and especially the hard places. Psalm 13 shows us how Christian faith responds in unwanted circumstances of anguish, especially when God seems absent or we feel abandoned.

Anguish

Psalm 13 begins in a place of anguish. David pours out his honest complaint before God. Weary with long-suffering, he cries out, "how long?" four times in these first two verses. This isn't a new problem or new enemies. This is the cry of a man who has suffered for a long time and has seen the exaltation of his enemies time and time again. The enemies spoken of here may be people but our enemies can also be circumstances we wouldn't choose, loss of relationships, resources, or any source of unmet expectations. In such anguish, we must learn to pray our tears. We must remember that our God weeps with his people and takes on our sorrow.

Instinct

Even without yet experiencing relief, David comes back again and again. Anguish in our lives gives us a choice to face. We can either walk away from God in unbelief, or move toward God in lament. Instead of dwelling and meditating on the problem, faithfulness brings the problem to the problem-solver. The instinct of faith in the midst of lament is to keep coming back to God knowing he is your Lord and you are his child.

Turn

The last two verses of the psalm show a turn of faith. There is an internal determination in David directed and empowered by God's past faithfulness. By faith it acts even when feelings and emotions haven't quite caught up yet.

Craig ended his sermon with the examples of four people who came to the Lord in their times of anguish. We all need these kinds of people in our lives, spiritual heroes who show us how to live faithfully in this world as children of God and heirs of his covenant promises. These are people who know and trust that Jesus is the anchor of our souls. He promises never to leave or forsake us. He may let the storm rage as it pushes us closer to him and teaches us to rely on him, but he never leaves our boat.