

## Psalm 13

Today we will look together at Psalm 13

As you enter into this time of reflection and prayer, slow down your thoughts and truly work to stop the world around you. The word teaches us to *“take all thoughts into captivity.”* So, take those racing thoughts and set them aside. Lay them down. You will be able to pick up your thoughts again soon. But in this time, in these moments of right NOW, belong only to Your Father. Turn your mind toward Him, encounter Your God and center yourself in His peace.

Psalm 13 A psalm of David. Trust in the Salvation of the Lord.

- <sup>1</sup> *How long, Lord? Will you forget me forever?  
How long will you hide your face from me?*
- <sup>2</sup> *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?*
- <sup>3</sup> *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.*
- <sup>5</sup> *But.... I trust in your unfailing love;  
my heart rejoices in your salvation.*
- <sup>6</sup> *I will sing the Lord's praise,  
for he has been good to me.*

The message version says it this way...*“Long enough, God – you’ve ignored me long enough. I’ve looked at the back of Your head long enough. Long enough I’ve carried this ton of trouble, lived with a stomach full of pain.”*

Ever felt that way? Ever had a heart full of trouble and a stomach full of pain? I have. Ever felt so focused, so intently on trouble that you are not able to be focused on anything else. You can't see your blessings. Felt hopeless? It's ok. Our God has big, big shoulders and a huge heart. He can hear the cry in your voice, and He wants to know the frustration on your heart. He wants you to share your feelings and thoughts with Him. It is always okay to be real.

My favorite translation of Psalm 13 states *“I will sing to the Lord because he has dealt **bountifully** with me.”*

Bountifully. What a great verse Psalm 13: 6 is...Just pause today and think about the ways God has dealt ***bountifully*** with you today. Did you wake up in a bed with four walls around you? Was food available? Were you able to walk across the room on your own power? I know some of you are listening to this and you may be in a terrible, dark season and you are facing so many real challenges, it's so hard to think about any blessings, but, friend, this is the very time to embrace gratitude. Maybe right now, standing in your deepest pain, when feeling completely overwhelmed, moments searching for gratitude are actually

just the medicine that you need. Maybe this is the most healthy thing you can do for yourself today. It may give you the perspective you need and help you keep going forward in faith. There are so many ways that you and I are blessed.

So let's take a moment now to share your concerns now, with Our Great God. Your troubles are so important to Him.

Give him all of your troubles. But to do so, you must take your hands off your burdens. Hand them over to Him, one by one. Imagine each problem on a table before you. Push each one over to Him. Watch Him as He gently places the problems you face in a box. He fills it, and seals it and then He says to you, "I know what is on your heart. **This** is mine to carry, my child. Be still and trust in Me for this too shall pass. Rejoice in your salvation as no one can take you out of My hand. I will never forget you or forsake you. You are not alone. Your name is written on the palm of my Son's hand. I will take care of every burden inside this box. "

Now, how has God dealt bountifully with you? I would encourage you, spend five minutes today just saying, "God, thank you for this. God thank you for this. God, thank you for this." Just soak in His bountiful blessings and it will cause singing to start again in your soul.

Find gratitude. Be joyful. He has saved you. No matter what trouble is around you now, He will lead you through it. He is your God, you are His child. If you are content and happy in life right now, praise God, it is also good to think about this, as these good times are only there because of God's provision.

So Let us read Psalm 13 one more time.

*<sup>1</sup> How long, Lord? Will you forget me forever?  
How long will you hide your face from me?  
<sup>2</sup> 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?  
<sup>3</sup> Consider and answer me, O Lord my God.  
Light up my eyes, lest I sleep the sleep of death,  
Lest my foes rejoice because I am shaken.  
<sup>4</sup> and my enemy will say, "I have overcome him,"  
  
<sup>5</sup> But... I have trusted in your steadfast love;  
my heart shall rejoice in your salvation.  
<sup>6</sup> I will sing to the Lord,  
because He has dealt bountifully with me.*

Let us pray.

Lord our Lord, How Beautiful is Your Name,

When the world is too much with us, when trouble seems to be at every window and door, we can turn our eyes to You. We are not alone in sorrow or fear or disappointment. Father, we ask for Your guiding hand on our backs, we ask for Your word in our ears, help us walk through these difficult roads of life. We ask you to carry our burdens. Thank You for always walking right beside us. Let us choose gratitude over fear. We are so thankful for the blessings you have poured over us. Because of You, we know that nothing we are facing today will stand against us. Father, we trust in You, and we are so blessed to have the gift of Your salvation through your Son, Christ Jesus. Thank you, Father, for all You have done for us.

Amen

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