

notes "How Long Lord?"    "*The Choice to Rejoice*"    Bob Metcalf Feb 1 2026

**Text: Ps 13:1-6**

*How long, O LORD? Will You forget me forever?  
How long will You hide Your face from me?  
<sup>2</sup> How long shall I take counsel in my soul,  
Having sorrow in my heart daily?  
How long will my enemy be exalted over me?*

*<sup>3</sup> Consider and hear me, O LORD my God;  
Enlighten my eyes,  
Lest I sleep the sleep of death;  
<sup>4</sup> Lest my enemy say,  
"I have prevailed against him";  
Lest those who trouble me rejoice when I am moved.*

*<sup>5</sup> But I have trusted in Your mercy;  
My heart shall rejoice in Your salvation.  
<sup>6</sup> I will sing to the LORD,  
Because He has dealt bountifully with me.*

- 1. How Long**      vs 1-2
- 2. Restore the Light**    vs 3-4
- 3. Unfailing Love!**    vs 5-6

These 6 verses in this Psalm express the anguish of David's soul, his sincere prayer and finally his trust and song of faith.

--It is called the howling Psalm of raw emotion.

--Known as a "How Long?" psalm, it depicts David feeling abandoned by God.

**1 Sam 22-23** Delivered from the hand of Saul. It was a relentless pursuit by Saul to kill David. This fits the circumstances of the prayer here.

***Vs 1-2***

*How long, O LORD? Will You forget me forever?  
How long will You hide Your face from me?  
How long shall I take counsel in my soul, having sorrow in my heart daily?  
How long will my enemy be exalted over me?*

4 distinct locations of hiding and experiencing bad news and a bad experience each time.

4 distinct conflicts

4 Giants that tried to kill him and later in David's life .....

4 Deaths of his children

**Rom 5:3-4** “*We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. <sup>4</sup> And endurance develops strength of character, and character strengthens our confident hope of salvation.*”

**1 Cor 10:13** “*No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.*”

**Vs 3-4**

*Consider and hear me, O LORD my God;*

*Enlighten my eyes*

The prayer to “enlighten” or “restore” my eyes is in reality a prayer for revelation!

**1. God opened the eyes of Hagar** as she was crying and dying of thirst in the wilderness.

**Gen 21:19** “*Then God opened her eyes, and she saw a well of water. And she went and filled the skin with water, and gave the lad a drink.*”

**2. God opened the eyes of Elisha's** servant when the Syrian army surrounded the city:

**2 Kings 6:16-17** “*So he answered, “Do not fear, for those who are with us are more than those who are with them.” <sup>17</sup> And Elisha prayed, and said, “LORD, I pray, open his eyes that he may see.” Then the LORD opened the eyes of the young man, and he saw. And behold, the mountain was full of horses and chariots of fire all around Elisha.*”

**3. Jesus opened the eyes of two of his disciples** as they traveled together to Emmaus. They were His disciples who did not recognize Him and that Jesus had been resurrected from the dead.

**Luke 24:31** “*Then their eyes were opened and they knew Him; and He vanished from their sight.*”

## Enlighten my eyes!

### **Vs 3b “Lest I sleep the sleep of death”**

This is a plea for God to intervene and save the him from imminent physical death or utter despair.

It represents a, plea against falling into a state of spiritual hopelessness, complete darkness or feeling abandoned.

### **Vs 4 “Lest my enemy say, “I have prevailed against him”**

#### **Strong emotion of fear,**

The central fear is that if he, David fails, his enemies will claim they have overcome him, damaging his faith and God's reputation.

#### ***Lest those who trouble me rejoice when I am moved.***

This refers to being shaken, falling, or being displaced from a position of stability, safety, or prosperity.

I am Displaced!

It is the place where King David asks God for help to prevent his enemies from gloating over his downfall.

**Vs 5-6 But I have trusted in Your mercy;**  
**My heart shall rejoice in Your salvation.**  
**I will sing to the LORD,**  
**Because He has dealt bountifully with me.”**

**David went from me-focused to God-focused!**

**Ps 103:1-6 “Bless the LORD, O my soul;**  
**And all that is within me, bless His holy name!**  
<sup>2</sup> **Bless the LORD, O my soul,**  
**And forget not all His benefits:**  
<sup>3</sup> **Who forgives all your iniquities,**  
**Who heals all your diseases,**  
<sup>4</sup> **Who redeems your life from destruction,**  
**Who crowns you with lovingkindness and tender mercies,**  
<sup>5</sup> **Who satisfies your mouth with good things,**  
**So that your youth is renewed like the eagle’s.**

**Ps 13:5 “I have trusted in your mercy”** He looks back at all the times God has rescued him in the past as a basis for his present confidence and rejoicing.

*“Because He has dealt **bountifully** with me”*

“*How long*” is no longer relevant!

**Will you choose to rejoice?**