



The following is the summary of the Sunday sermon that is sent to the body at Steadfast in an email called "The Weekly"

Psalm 13

From Sorrow to Singing

We've all gone through various trials, difficult times that cause us to ask questions and can oftentimes lead us on an emotional rollercoaster, even produce in us deep sorrow. Nobody enjoys going through trials, but as Christ followers we understand that God is using our trials for our good and His glory. In the midst of life's difficulties, how does one go from deep sorrow to joyful singing?

David gave Psalm 13 to the choirmaster of Israel to encourage those going through difficulty, including you and I. He emphasizes four key essentials to help God's children in the midst of life's difficulties:

1. Pour out your heart to God - In verses 1-2 David was honest with God, expressing his feelings and fears. It is important to note here that what David feels and what we feel is real, but when we fixate on our feelings we're in trouble. By pouring out his heart to God David was recognizing and admitting his need for God - he was "casting His cares on Him".
2. Petition Him with your requests - In verses 3-4 David prays that God would look intently at his situation and act. Even though David was gifted and his army powerful, he realized that his doom was certain without God's intervention. He prayed that God would give him physical and emotional strength as his wicked enemy had the upper hand. David poured out his heart to God and brought His petitions to Him. This reminds us that without God's strengthening hand and without His help, we're done for.
3. Place your trust in God's steadfast love - Verse 5 begins with the word 'but', this indicates a huge shift as David goes from fearing to having faith, from questioning to trusting in God's steadfast love! By faith David sees that God's love for him is an everlasting love, which includes the here and now. Oftentimes, we plead with God to look at us in our trials, just like David, but God is so gracious and helps us in our difficulty to fix our eyes on Him and that's when everything changes.
4. Praise Him for what He will do and what He's already done - In verses 5b and 6, nothing about David's situation had changed, but David himself was changed. Trusting in the Lord leads to rejoicing in the Lord and His salvation. He was so confident in God's steadfast love that he was giving God thanks in advance for the deliverance He would provide. David is reminding us and encouraging us to fully trust the promises of God as we live in anticipation of what He will do in the future. He's also instructing us to remember God's faithfulness in the past. The word "bountiful" focuses on the goodness of God in our lives and how He lavishes His grace on us.

As we think of how God has worked in the past and look forward to the promises of the future, we should follow the instruction of David and join in with the chorus of praise to the one who is worthy of all our praise!

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