

PSALM 13: HOW TO SING THE BLUES

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I. INTRODUCTION

A. The Psalms are a soundtrack for the seasons of your soul.

B. Psalms of Lament are the Blues of the Bible.

Psalms 13

For the director of music. A psalm of David.

How long, LORD? Will You forget me forever? How long will You hide Your face from me? 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? 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. But I trust in Your unfailing love; my heart rejoices in Your salvation. I will sing the LORD'S praise, for He has been good to me.

II. HOW TO SING THE BLUES

1. Talk to God About It

Psalm 13:1 How long, LORD? Will You forget me forever? How long will You hide Your face from me?

A. Sorrow by itself pushes us away from God.

B. Sorrow with lament pulls us closer to Him.

"Hope despairs and yet despair hopes." - Martin Luther

2. Tell Him How You Feel

A. Impatience is the enemy of peace.

Psalm 13:2 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?

- Tell Him how you feel about God.
- Tell Him how you feel about you.
- Tell Him how you feel about others.

B. It is ok to ask God questions.

- God does not want a fake you.
- We all need to lament.

3. Ask Him for His Help

Psalm 13:3-4 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.

A. Ask Him to give you His presence.

B. Ask Him to answer your wrestlings.

Psalm 131:1-3

A song of ascents. Of David.

My heart is not proud, LORD, my eyes are not haughty; I do not concern myself with great matters or things too wonderful for me. But I have calmed and quieted myself, I am like a weaned child with its mother; like a weaned child I am content. Israel, put your hope in the LORD both now and forevermore.

C. Ask Him to bring light to your darkness.

D. Ask Him to defend you.

4. Trust in Him

Psalm 13:5-6 But I trust in Your unfailing love; my heart rejoices in Your salvation. I will sing the LORD'S praise, for He has been good to me.

A. Trust in His character

B. Trust in His salvation

C. Trust in Him because of His past faithfulness

D. Trust in Him today