



Psalm 13:1-6 (KJV)

How long wilt thou forget me, O Lord? for ever? how long wilt thou hide thy face from me? How long shall I take counsel in my soul, having sorrow in my heart daily? how long shall mine enemy be exalted over me? Consider and hear me, O Lord my God: lighten mine eyes, lest I sleep the sleep of death; Lest mine enemy say, I have prevailed against him; and those that trouble me rejoice when I am moved. But I have trusted in thy mercy; my heart shall rejoice in thy salvation. I will sing unto the Lord, because he hath dealt bountifully with me.

Declarations:

“I reject every lying voice that has spoken over my mind.”

“Fear is not my authority—God is.”

“Even when I don’t see it—God is working.”

“Even when I don’t feel it—God is faithful.”

“I take authority over my thoughts.”

“I take authority over fear.”

“I take authority over anxiety.”

“My mind will not rule me—God’s Word will.”

There is a version of faith that sounds good in church
—but doesn't survive real life.

It's the version that says:

“If God is with me, I'll feel Him.”

“If God heard me, something will change.”

“If God is faithful, I'll see it quickly.”

But David dismantles that shallow theology in Psalm
13.

In six verses... he walks us through something deeper
than emotion, deeper than outcomes —

He walks us through the anatomy of trust.

**He teaches us the pattern... the process... the
progression of trust.**

And here's the uncomfortable truth:

**You don't learn to trust God when everything
makes sense—
you learn to trust Him when nothing does.**

David opens with four questions:

“How long, O Lord? Will You forget me forever?”

This is not poetic exaggeration—this is emotional reality.

David feels:

Forgotten

Ignored

Overrun by his enemy

Overwhelmed within himself

And yet... he is still talking to God.

That's the first revelation:

Faith doesn't always sound like confidence—it sometimes sounds like questions.

We've trained people to hide their struggle in the presence of God.

All the while David teaches us to bring the struggle to God it.

Because:

**Silence kills relationship
But honesty sustains it**

God would rather hear your confusion than lose your conversation.

There is a difference between:

**Questioning God's ways
And rejecting God's nature**

David never crosses the line into unbelief—
because even in his frustration, he directs his words
toward God.

Your direction determines your devotion.

David says:

“How long shall I take counsel in my soul, having sorrow in my heart daily?” — Psalm 13

This is not just emotional language—this is precise language.

David is identifying the source of his exhaustion:

“I have become my own counselor.”

And the result is predictable:

- Sorrow that feels constant
- Thoughts that won't quiet down
- A cycle that keeps feeding itself

We are living in a loud generation

A generation that is:

- Overstimulated
- Over-informed
- Over-scheduled
- And deeply under-listened to God

And in that environment, **anxiety** doesn't just show up... **it takes over the conversation.**

Now anxiety that has become our cultures reality

We have built systems to manage anxiety:

- Medication to stabilize it
- Counseling to process it
- Schedules to distract from it

And while those have their place—
they were never meant to replace the voice of God.

**When anxiety becomes the loudest voice,
it slowly drowns out the voice of God.**

Not because God stopped speaking—
but because something else became louder.

(Want to work out of the trap cycle of anxiety?
Highlight God's voice...)

Anxiety is not just an emotion.
It is a **competing narrative.**

It tells you:

“Something is wrong”

“You’re behind”

“You’re not going to make it”

“God isn’t moving”

And if left unchecked long enough, anxiety doesn’t just visit — **it disciplines you.**

“Whatever you listen to the most will shape what you believe the fastest.”

So if anxiety is louder than God:

- Fear starts feeling like truth
- Urgency replaces patience
- Control replaces surrender

David is in that exact place.

He’s stuck in a loop:

Thinking

Re-thinking

Processing

Re-processing

He's trying to solve in his mind what can only be sustained in relationship with God.

You cannot out-think a season that was designed to drive you to God.

Faith is not spelled: F.A.I.T.H.

Faith is spelled: T.R.U.S.T.

This is why anxiety feels so suffocating:

Because it convinces you:

“If I can just think a little more, I can fix this.”

But the more you think—
the further you drift from peace.

Because peace is not found in answers.

Peace is found in presence.

We are not dismissing:

Counseling

Wise help

Or medical assistance when needed

But we are confronting this truth:

****If every solution you run to is natural,
and none are spiritual— you may become stable...
but never surrendered.****

David reaches the breaking point of self-counsel...
And instead of trying harder to figure it out—
He shifts the conversation back to God.

David then shifts his positioning from venting to
petition.

Verse 3:

“Consider and hear me, O Lord my God... lighten
mine eyes...”

This is the turning point.

David stops spiraling... and starts praying with direction.

He doesn't just say:

“God, fix my situation.”

He says:

“God, fix my **sight**.”

Because David understands something critical:

You don't need changed circumstances as much as you need renewed vision.

“Lighten my eyes” means:

Restore clarity

Renew perception

Break internal darkness

“Before God changes your situation, He will often correct your sight.”

Verse 5:

“But I have trusted in Thy mercy...”

Nothing has changed.
No breakthrough.
No answer.
No visible movement.

And yet David says:
“I have trusted.”

**Trust is not a reaction to evidence—it is a decision
in the absence of it.**

If trust requires proof, then it is no longer trust.

David anchors his trust in **mercy**—not outcomes.
Because outcomes fluctuate.

But God’s nature does not.

So David says:
“I don’t know what You’re doing...
but I know who You are.”

ALTAR CALL:

At a certain point your walk with God must advance from internal knowledge of God to demonstrating authority rooted in Him.

There's a difference between:

Trusting God internally
And exercising authority externally

Psalm 13 shows us how David trusted...

But the rest of scripture shows us:

We don't just trust God—we speak with Him.

Because faith was never designed to stay silent.

You've spent this entire message learning:

There is a tension in faith - that tension is: **Trust does not require evidence.**

But now hear this:

Authority does not wait for evidence either.

Authority speaks *before* it sees.

Some of you have been:

Thinking too long
Processing too much
Letting anxiety narrate your life

You have to take the voice back.

If you've been in a season where:

Your mind has been louder than God
Your emotions have been leading you
Your situation has been defining you

The enemy works in **thoughts**.

But God works through **spoken word**.

Because:

Thoughts create pressure
But **words release power**

Jesus didn't defeat the enemy by thinking.

He said:

"It is written..." — Matthew 4

"You don't win spiritual battles by silent agreement—you win them by spoken alignment."
