

A BIBLICAL LOOK AT LAMENT

Psalm 13 — Lament • Ask • Learn • Live

Psalm 13 gives us a simple biblical pattern for processing suffering. David moves from honestly expressing his pain to trusting God and responding faithfully.

1. LAMENT — Bring Your Pain Honestly to God (*Psalm 13:1–2*)

- **Key idea:** David does not suppress or minimize his pain. He brings it honestly before God.
- **David's struggle:** "How long?" He feels forgotten by God, sorrow within himself, and pressure from his enemy.
- **Ask:** What hurts? What have I lost? What am I afraid of? What am I feeling?
- **Question to consider:** Have I honestly brought my suffering before God?
- **Simple prayer:** "Lord, this hurts."

2. ASK — Ask God for Help (*Psalm 13:3–4*)

- **Key idea:** David moves from describing his suffering to directly asking God for help.
- **David's prayer:** "Consider and answer me... light up my eyes." He asks God to see him, hear him, and help him.
- **Question to consider:** How do I need Him to intervene? What do I need to ask Him for?
- **Simple prayer:** "Lord, I need You. Help me see You and depend upon You."

3. LEARN — Anchor Yourself in What Is True (*Psalm 13:5a*)

- **Key idea:** The turning point is: "But I have trusted in your steadfast love."
- **Important truth:** David's circumstances may not have changed, but he remembers what is true about God.
- **Questions to consider:** What is my suffering telling me about God? What lie is my suffering telling me about God? What does Scripture tell me is actually true about Him? Am I allowing my feelings to define God, or am I interpreting my feelings through what God has revealed about Himself?
- **Simple prayer:** "Lord, remind me what is true. I trust Your steadfast love."

4. LIVE — Take the Next Faithful Step (*Psalm 13:5b–6*)

- **Key idea:** David chooses a faithful response based on God's character, not merely on his circumstances.
- **David's response:** "My heart shall rejoice in your salvation. I will sing to the LORD."
- **Ask:** Because of what I know to be true about God, what does faithfulness look like today?
- **Question to consider:** What is the next obedient, trusting step I can take even if my circumstances have not changed?
- **Simple prayer:** "Lord, help me respond faithfully."

LAMENT → ASK → LEARN → LIVE

Bring God my pain → Turn toward God → Anchor myself in truth → Take the next faithful step

Central counseling principle: Biblical processing of suffering does not require me to deny what I feel. It teaches me to bring what I feel into the presence of God, interpret it through what I know to be true about God, and then choose my response accordingly.