

“Hope in Dark Times”

Psalm 13

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Big Idea: *God's people can hope in dark times because of God's steadfast love, God's salvation, and God's goodness in Christ.*

The Book of Psalms:

- The psalms tap into our human emotions and experiences and leads us to Jesus
- About 42 of the 150 Psalms in the Bible are considered “Lament Psalms.”

Honesty With God | vv.1-2

- “How Long” is repeated 4x, indicating the depth and intensity of David’s stress.
- *sinful anger* is the venting of self-centered rage at God when life doesn't go as we thought it would, or we are not getting what we thought we deserved from God. It is anger with God, demanding from him or questioning his character, with me as the Judge. This is dangerous and NOT what David is doing here.
- *Lament Psalms* are the honest cry of a hurting heart wrestling with the tension between the pains of life and the promises of God.
 - Lamenting to God involves expressing and not suppressing our feelings, thoughts and situations
- Aaronic Benediction | Numbers 6:24-26
- A right theology of suffering keeps us from: self-pity, self-righteousness, and self-sufficiency.

Help from God | vv.3-4

- “Consider Me” means to regard, to look upon, pay attention
- “Light up my eyes” was David’s way of asking God for wisdom and understanding about his situation.
 - Cause my eyes to shine again! [Psalm 31:16; 80:3; 119:135; and Daniel 9:17]
- *Philippians 4:6-7* | “Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving, let your requests be made known to God. And the peace of God which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”
- *Hebrews 4:16* | “Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.”
- Prayer may not always change the situation, but it will always change us.
- To pray help from God is to accept and acknowledge that we are needy people and will always be completely dependent on God for everything!
- *John 6:68-69* | Simon Peter answered him, “Lord, to whom shall we go? You have the words of eternal life, 69 and we have believed, and have come to know, that you are the Holy One of God.”

Hope in God | vv.5-6

- Our hope rests on the character of God and the promises of God
- “*Hesed*” | Hebrew word for “steadfast love.” It’s God’s covenantal and loyal love towards his people
- *Deuteronomy 7:9* | “He is the faithful God who keeps his covenant for a thousand generations.”
- God may be silent in our situation, but he is never absent!
- “Rejoice” literally means “shout as in triumph”

- Our salvation is rooted in the past, present and future
- *Lamentations 3:22-23* | The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning. Great is your faithfulness.
- The people can have true hope in dark times when we pray for the Holy Spirit's dependency to help us
 - Trust in God's steadfast love IN Christ
 - Rejoice in God's salvation that is rooted in the past, present and future, IN Christ
 - Sing endlessly, because God has been so good to us IN Christ.

The Call from Jesus:

- *Matthew 11:28-30* | "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Reflection Thoughts:

1. Is the LORD your God your hope in life and death?
2. Be honest with God about your "how longs."
3. Bring your supplications and pray requests to God
4. Confess and repent of the ways you fail to trust and hope in Him
5. Ask God for his help, strength, endurance, wisdom and perspective in your situation.
6. Fill in the blank for yourself. When I am _____, I will trust in you."
7. Thank God for the salvation and grace that is found in Jesus for the times we fall short in trusting in God.