

GRACE BIBLE CHURCH LORTON

From Sorrow to Singing ***Choosing to Trust God When Life is Hard***

Psalm 13

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January 31, 2021

Life is hard, so God invites you in Psalm 13
to respond to Him in 3 faith-filled ways.

"...lament stands in the gap between pain and promise. To cry is human, but to lament is Christian." – Mark Vroegop, *Dark Clouds, Deep Mercy: Discovering the Grace of Lament*

3 Faith-Filled Response to God When Life is Hard

1. I Doubt You (vv. 1-2)

"[David] is basically telling God that he feels as if God is not being God-like. ...[David] is deeply struggling, and not just with his pain; he's struggling with God. Injustice is one thing (Marks says), but God's lack of intervention is a deeper pain—one that creates complaint."

– Vroegop, *Dark Clouds, Deep Mercy*

David displays shocking humble-vulnerable-faith-filled-honesty. The kind that's stripped of the hypocrisy that rotely recites "right answers" that aren't actually believed in the moment. This kind of honesty refuses to let one's knowledge of God stand in place of genuine faith in God.

2. I Need You (vv. 3-4)

This is bold faith on display. Bold faith doesn't need to move beyond the pain. Bold faith presses into God, with the pain, and pleads for His help.

3. I Trust You (vv. 5-6)

David decisively resolves to put his confidence in God—his trust in God—as he yet navigates the pain. And David's confidence is *not* derived from the *quality* of his faith, but from the *object* of his faith.

David makes 3 professions of confidence in God.

1) "I have trusted *in your steadfast love*;"

In the Hebrew "steadfast love" is *hesed*. *Hesed* love combines 2 ideas: the idea of love and 2) the idea of commitment. This describes God's covenant love for His people.

2) "my heart shall rejoice *in God's salvation*."

3) "I will sing to the LORD, *because he has dealt bountifully with me*."

Questions to Consider

1. Do you have a Lament Psalm that has spoken for you in the past? If so, which one?
2. We've looked at Lament Psalms before, but what struck you this time?
3. Why is "complaint" a central element of lament? Are you more *un*comfortable or comfortable with the idea of "bringing your complaint to God" and being honest with Him? If the former, why? If the latter, why?
4. How is complaining the right way spiritually helpful? When is complaint sinful and wrong?
5. How do you think complaint ("I doubt you") and request ("I need you") move us towards trust?
6. What are some barriers that can stand in your way of turning to trust?
7. David made 3 professions of confidence in God. Which gives you the most confidence in God? What else gives you confidence to trust in God?