

Trusting God in Darkness

Psalm 13 | Psalms: Songs for Every Season
July 20, 2025 | Pastor Michael Foster

Introduction to Psalms of Lament:

“When brokenness becomes your life, lament helps you turn to God. It lifts your head and turns your tear-filled eyes toward the only hope you have: God’s grace.”
– Mark Vroegop, author of *Dark Clouds, Deep Mercy: Discovering the Grace of Lament*

Lament is a gift of God’s grace and is good for our hearts. It is the often missing “minor-key” song in our worship that helps us to walk through grief while staying connected to God. God invites his people to lament. The Bible has a book named “Lamentations.” About 40 Psalms feature Lament, such as Psalms 3, 4, 12, 13, 22, 26, 31, 41, 42, 43, 55, 56, 57, 60, 61, 73, 77, 85, 86. Lament gives space and language for mourning. It also gives friendship and hope. Lament connects us to the blessing Jesus promised – “Blessed are those who mourn” (Matthew 5:4). As Jesus lamented on the cross – “My God, my God, why have you forsaken me?” – he also fulfilled the cry of our hearts for salvation. This salvation is both “already” in the blessings we now have in Christ, and also “not yet” while we wait for the fullness of all God has promised. While we wait, we can lament like Jesus did and look to Him for hope.

Outline of Psalm 13:

- **Cry to the Lord – “How long?”**
 - ⇒ Express your honest feelings to God
 - ⇒ Recognize your feelings can lie to you
- **Call on the Lord – “Consider and answer me!”**
 - ⇒ Express your personal faith in God
 - ⇒ Present your personal need to God
- **Trust in the Lord – “I trust in your unfailing love!”**
 - ⇒ Rest in God’s unfailing love
 - ⇒ Rejoice in God’s salvation
 - ⇒ Praise God for his goodness

NEXT STEPS

Use the guide “[Learning how to Lament](https://bit.ly/HowtoLament)” - bit.ly/HowtoLament to try writing your own lament to the Lord!

Check out our [Interactive Guide to the Psalms](https://bit.ly/AnInteractiveGuide) - bit.ly/AnInteractiveGuide and our [Psalm Project](https://bit.ly/ThePsalmsProject1) - bit.ly/ThePsalmsProject1!

Memorize Psalm 13:5-6

Read “Learning to Lament” – bit.ly/PrayHardestMoments

Read “Lament leads to praise” – bit.ly/LeadstoPraise

Read *Dark Clouds, Deep Mercy: Discovering the Gift of Lament* by Vroegop

Read *Suffering* by Tripp

Read *Spurgeon’s Sorrows: Realistic Hope for those who Suffer from Depression* by Eswine

Listen to “Is He Worthy?” – bit.ly/isheworthy

Listen to “Lament” – bit.ly/Lament1

Listen to “How Long, O Lord, How Long” – bit.ly/OLordHowLong

QUESTIONS FOR REFLECTION & DISCUSSION

1. What stood out to you most from the message?
2. Read Matthew 5:4. We talked about how Lament is a gift. In what ways have you personally experienced the benefit of lament in your life and relationship with God?
3. Why can it be hard to turn to God when we feel like David did in Psalm 13? Where are some other places we might be tempted to turn?
4. Read Psalm 13:1-2. What are some “How long” questions you’ve had for God in your own life lately? Express these questions together.
5. We noted how our feelings can sometimes lie to us. Can you recall a time when your emotions misled you in a difficult situation? How can we prevent this from happening?
6. Read Psalm 13:3-4. Have you ever felt this desperate for God before? What did you do? What did God do?
7. What is a specific need you want to bring before God in this season of your life?
8. Read Psalm 13:5-6. We talked about being able to both lament and praise at the same time. Do you think it is possible to do both? What might this look like in someone’s life?
9. What is one specific way God has been good to you lately? Praise him together!
10. Take some time to look at the “Learning to Lament” resource and consider even writing a corporate lament together.

