

# Sermon Guide for May 10, 2026

**Title:** Learning to Lament | Psalm 13

**Series:** Highs, Lows, & Hallelujahs: Psalms for Every Season

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## Big Idea

When life feels heavy, and God feels distant, don't hide your pain from God—bring it honestly to him and choose to trust him anyway.

## C.R.I.E.S.--Learning to Lament Faithfully

### **C--Cry Out to God (v. 1)**

- David begins by addressing God directly: "How long, Lord?"
- When life hurts, we can run to distractions, isolation, or unhealthy coping mechanisms. David runs to God.

### **R--Reveal Your Pain (vv. 1–2)**

- David openly expresses anxiety, sorrow, confusion, and exhaustion.
- David describes the exhaustion of carrying pain alone inside his own thoughts: "How long shall I take counsel in my soul, Having sorrow in my heart all the day?" (NASB 1995)
- Psalm 13 teaches us that faith does not suppress pain—it brings pain honestly before God.

### **I--Invite God's Help (vv. 3–4)**

- David asks God to see him, answer him, strengthen him, and deliver him.
- Biblical lament does not just express pain—it pleads with God to act.
- Sometimes God answers exactly how we hope. Sometimes he does not. But we can still bring our requests to him because he is powerful, present, and good.

### **E--Embrace God's Promises (v. 5)**

- The turning point of the psalm begins with one word: "But..."
- David's circumstances have not changed, but he chooses to trust: "But I have trusted in your faithful love."
- When life is painful, we cling to what is true about God:
  - He does not abandon his people
  - Nothing separates us from his love
  - He is near to the brokenhearted
  - One day, he will wipe away every tear

### **S--Sing with Trust (v. 6)**

- Psalm 13 ends with worship: "I will sing to the Lord..."
- Nothing in the psalm tells us that David's circumstances changed. Yet he still worships.
- This worship is not pretending, denying pain, or faking positivity. It is choosing to trust God before the answer arrives.
- Key Truth: Sometimes the deepest worship is worship offered through tears.

