

Psalm 13 – “How Long, O Lord?”**I. Lament: Pour Out Your Pain And Confusion – vv. 1-2**

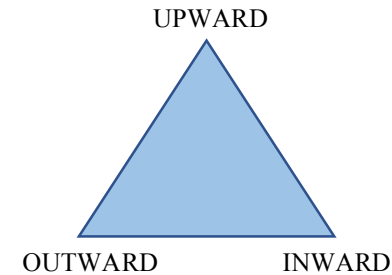
- Five questions that express feelings of being abandoned.
1. Worn down by troubled heart
 2. Forgotten forever
 3. The Lord no longer sees or blesses you
 4. Wrestling with dark thoughts that lead to sorrow
 5. Despair over the enemy’s tyranny

II. Petition: Pursue The Lord And His Deliverance – vv. 3-4

- Prayers in the opposite spirit for all the things you feel the Lord is not doing.
1. “Look on me and help”
 - Psalm 46:1
 2. “Answer me, I am listening”
 - Psalm 40:1
 3. “Light up my eyes before it’s too late”
 - Ephesians 1:17-20
 4. “Deliver me from my enemy”

III. Rejoice: Praise Him For His Love And Salvation – vv. 6-7

- Upward declarations of faith in who the Lord is for you despite what you may feel.
1. Anchored Trust in the Lord’s steadfast love
 - Psalm 143:8-9, Roman 8:38-39
 2. A Heart that rejoices in the Lord’s salvation
 - Psalm 143:11
 3. Hope that sings of the Lord’s abundant goodness!
 - Psalm 27:13-14, Matthew 28:20b

How To Pray: Upward. Inward. Outward**Questions to Ask yourself and God while reading the Bible:****I. UPWARD – Prayer is Devotional**

What am I learning about God in this passage?

How does this passage help me enter his presence?

What troubles my heart that I need to lament upwards?

- Lord, I praise you that you are _____.
- Lord, I thank you for _____.
- Lord, help my mind and heart be in agreement with what you are showing me.

II. INWARD - Prayer is Transformational

What am I learning from this passage about myself, those close to me, or my church?

Where does this passage speak into my life/soul and how will I respond in prayer?

- Lord, I come to you asking, seeking, and knocking for ____?
- Lord, I regret _____ and ask for forgiveness?
- Lord, what do you want to show me or say to me?
- Lord, what is your will for me in this situation and what do I need to do?

III. OUTWARD - Prayer is Missional

What am I learning from this passage concerning others? How does this passage call me to intercede for them?

- As the Lord lays someone on your heart pray for BOB (Burden, Opportunities, and Boldness)
- Lord, who are you calling me to stand in the gap with prayer? How do I need to battle the enemy on their behalf?
- Lord, what specifically do you want me to pray for and do this week?