



SOAR

# Marriage Growth-Track

## Week 10 - Day 4

### Regaining Perspective

by Wes and Kim Holloway

*How long, Lord? Will you forget me forever? How long will you hide your face from me? How long must I wrestle with my thoughts and day after day have sorrow in my heart? How long will my enemy triumph over me? Look on me and answer, Lord my God. Give light to my eyes, or I will sleep in death, and my enemy will say, "I have overcome him," and my foes will rejoice when I fall. But I trust in your failing love; my heart rejoices in your salvation. I will sing the Lord's praise, for he has been good to me.*

*Psalms 13:1-6*

As the author of this psalm, David makes it clear that he's feeling defeated and neglected in the first few verses. But then...then he rallies, regains his perspective, and recommits to trusting the Lord's ways with him. It's a painful yet entirely relatable and transparent outcry--the hurt and fear. What's most honorable, however, is his eventual thanksgiving and trust in the Lord. This is what we see in these verses:

- David is described in the Bible as "a man after God's own heart" and yet he begins by crying out and wondering how long the Lord will allow him to suffer in his current state;
- David feels like God has forgotten him and has hidden his face (God's face) from him;
- David has had a tough go of things throughout his life--conflicts with others, a family death as a result of his actions, and more;
- David eventually realizes God has never left his side throughout all his trials and that he (David) will continue to trust Him to do so always

Bible scholars can't pinpoint one specific event in David's life that this short, but heart-felt, psalm refers to. All we know is that David is earnest in his outcry and that, for a moment, he's having an all-out, bells-and-whistles 'poor me' pity party. He is lamenting over his troubles and woes and outright asking, "Where were you during all this, God?" At his lowest point, David feels alone and completely forgotten by God.

All of us feel this way, too, from time to time. We find ourselves entrenched in troubles and trials and automatically cry out, "Where are you, God?" We want comfort and

control and complete resolution, and we want it now. The good news is that this kind of crying out, even blaming and doubting, is just what The Father would have us do. He wants us to come to Him to rejoice, lament, weep, wail, or delight. He wants us to turn to Him all the time. The more we do this, the deeper our relationship with Christ goes and the stronger our trust grows in Him in all ways.

Cry out to The One who created you. Ask for His help and intervention in any and all things. And when you're done, take a cue from David and follow his example to come full-circle back to a place of complete trust, overflowing thanksgiving, and songs of praise for The Lord's continual presence in your life.

**Discussion Questions:**

1. Have you felt all alone when experiencing conflict or adversity?

**Action Steps:**

Write Psalm 13:1-6 down on an index card and read it each night this week to remember that God has never left your side.

**Prayer:**

*God, thank you for being there in the crisis and trials even when it seems like you are not there. Thank you for encouraging us to share our deepest feelings and frustrations with you. Help us to remember to share our struggles with you as they arise in our lives. Help us especially to remember your unfailing love and gift of salvation and sing your praises forever.*