



# MESSAGE NOTES

## From Struggle to Trust

Psalm 13

Loyd Flaherty

### 1. Expressing Struggles Honestly to God: “How long, Lord?”

**Psalm 13:1-2** “How long, Lord? Will you forget me forever? How long will you hide your face from me? 2 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?”

Many people feel exhausted by ongoing struggles—whether personal challenges, world crises, or waiting for answers to prayer. This Psalm reminds us that faith does not mean ignoring pain—we can bring our pain honestly before God.

### 2. Crying Out in Desperation

**Psalm 13:3-4** “Look on me and answer, Lord my God. Give light to my eyes, or I will sleep in death, 4 and my enemy will say, “I have overcome him,” and my foes will rejoice when I fall.”

Is there no safe place to turn to? We may feel like life’s challenges are overwhelming, but the psalm shifts in verse 5 to a declaration of trust in God.

### 3. The Turning Point: Trusting God’s Unfailing Love

**Psalm 13:5-6** “But I trust in your unfailing love; my heart rejoices in your salvation. 6 I will sing the Lord’s praise, for he has been good to me.”

**We also have a choice today.** Will we allow our struggles to turn us away from God, or will we choose to trust Him and sing praise, even when we don’t have all the answers?

#### Application:

- If you’re feeling distant from God, this psalm reminds you that even strong believers experience this—and God is still there.
- If you’re struggling with sorrow or anxious thoughts, bring them honestly to God.
- If you’re waiting for an answer, hold on to faith—God’s love is unfailing, even when we can’t see it yet.
- If you’re overwhelmed by bad news in the world, know that God is still in control. Remember how God has been good to you in the past and respond with trust and a thankful heart.