

Psalm 13

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Praying in How Long

While living in the how long of my husband's illness, prayer was at the top of my short list of what to do but sadly, it was not always my first response when a moment of hurt, indecision, or crisis would arise. Anxiety would set in causing my natural instinct to supersede the spiritual response to pray.

As we read Psalm 16 we hear distress and anxiety in David's voice. Despite his anxious heart his spiritual response superseded his natural instinct. He directed his fretful thoughts full of questions to God. David's *natural* instinct had become *spiritual*. He knew praying would transform his *how long* and bring peace of mind. A lesson every child of God would benefit from learning.

Read Philippians 4:6-7.

In what type of situations should we pray? What happens when we pray?

It is through prayer that our *natural* instinct becomes *spiritual*. This transformation of thinking and responding enables us to dwell in our *how long* with hope for deliverance.

Praising in How Long

In just a few short verses David prayer changes from *how long* to *hallelujah*. Through prayer, David remembers God's past faithfulness, encouraging him to trust in God's future provision. Has his situation changed? Has his enemy suddenly decided to surrender? No. David was not delivered from the situation but he was released from its despair. His anxiety was replaced with a new song of praise.

Read Psalm 40:3

Who provided David with a new song?

As we pray God will only guard our mind and heart with peace. He will put a hymn of praise on our lips. These benefits produce endurance and unity with God making living in how long an experience worthy of praise.

Personal Reflection and Application

What has God revealed to me in this lesson? How will I respond?
