

How Long oh Lord?

In chapter twelve, part 1, we learned that our lips are a tool. Those who don't truly love God, and strive to serve Jesus Christ, use their lips however they want; which is often for very evil purposes. They flatter with guile and have a double heart because they allow their carnal mind (heart) to control them instead of subduing it so they can obey God's Word (and Holy Spirit) sincerely, from the heart. But we also learned that God will cut off all those who flatter with their lips and speak proud things. He simply won't put up with this forever. And so, it behooves us to learn to use our lips to glorify God and not ourselves. In part 2 we learned that our Heavenly Father (through Jesus Christ) will indeed 'rise' up and take action because of the oppression of the poor and needy. As the Word of God promises, He won't let the wicked forever harm the innocent and those who love and serve Him. He will 'set' us at safety from those who 'puff' (scorn and oppress us with lying words and by physical means too). And the way He most often does this is by giving us His Word, which is the pure truth. This is what we need to live eternally and therefore, it's even more important than physical safety. However, He does look after, and keep safe, and preserve (guard) all those who serve Him, even by physically protecting them. Because we are His servants, He wants us to stay on earth *and serve Him*. So, He'll protect us until it's our time to die. But far more important is the fact that He spiritually protects us because our flesh body is temporal but our soul can only be immortal through keeping faith in Jesus Christ. Therefore, even though the wicked surround us, and vile men are exalted to powerful positions, our Heavenly Father is still on His throne in Heaven and He still sees all that's going on. And, He therefore knows how to protect His own (the Body of Christ) and deliver them from whatever persecution come their way, both physically and spiritually.

So, as chapter twelve was a prayer in view of Psalms 9 and 10, so too will this Psalm be. And we'll see that when David wrote this Psalm, he was having a pretty 'bad day', like we sometimes have. However, he will also teach us a *very* important lesson in how to 'come out of' those bad days...

Psalms 13

1A Psalm of David.

How long wilt thou forget me, O LORD? for ever? how long wilt thou hide thy face from me?

There are several figures of speech used in the first couple of verses. First, notice how the words 'how long' are used twice in this verse, and in the next verse they'll be used twice more. This is a figure of speech called '*Erotesis*' (apx 6) and it's the asking of a question but, not for information or an answer. It can be stated for many reasons but, in the context of this verse, it's likely used as a lamentation (*an expression of sorrow, mourning, or regret*) and/or for expostulation (*to reason earnestly with a person for purposes of dissuasion or remonstrance*). To 'remonstrance' means *an earnest presentation of reasons for opposition or grievance*. Indeed, that's what David is doing here: lamenting and expressing his grievances to our Heavenly Father.

The second figure of speech is an '*Anaphora*' which is simply the repeating the same word(s) in the beginning of sentences simply to make a point. And the point is that, David is becoming (like we all do) impatient! He continues to wonder 'how long' will God not answer his prayers. It's likely you understand what David is saying here, for we've all had times we felt like God doesn't hear our prayer simply because we don't get an answer as quickly as we'd like. But, as Jesus says in Luke 21:19: *In your patience possess ye your souls*. Patience is also a 'fruit' (evidence) of the Holy Spirit being in our soul. It's translated as 'longsuffering' in Gal 5:22.

And lastly, the words from 'forget' to 'face' in this first verse is the figure of speech called '*Anthropopathia*' which ascribes to God what belongs to man – i.e. David asking why God is 'hiding His face' from David. Now, when God hides His face from someone(s) it's because He is mad at them for their sins, because they won't repent and turn away from them (Deut 31:17-18, 32:20, Isa 54:8, Jer 33:5, Ezek 39:24, etc.). So, David is implying he's concerned that God is not answering his prayers because He is mad at him. However, just because our Heavenly Father does not immediately answer our questions (or even as quick as we'd like) does not mean He's mad at us. The only time He does not hear us is when we keep sin in our heart and don't repent for it (Ps 66:18, Isa 59:2). However, this was not the case with David. He was truly a man 'after God's own heart' (1 Sam 13:14, Acts 13:22) and even when he did sin (which was not too often), he always repented when it was made known to him (2 Sam 12:13, 24:11,17; 1 Chron 21:8; Ps 51:3-4). So, God was not truly hiding His face from David nor was He made at him. He simply had not answered David's prayers in the way, or time frame, David was hoping for. So, obviously, David was simply having a really bad day when he wrote this Psalm and our Heavenly Father has allowed this Psalm to be included in His Word to teach us that we all will feel this way sometimes – even God's 'anointed' king (David) felt this way at times. So, like us, David had times when he let his carnal mind get him down. As Ecc 1:9 says, there's nothing new under the sun. And, as 1 Cor 10:11 also says, there's nothing that happens to us that's not common to all of mankind. So, we all have bad days. So, we should be able to understand David's feelings here. Four times he asks God why he has been forgotten. He even feels like God has hidden His face from him. The Psalmist of Psalm 119 had a day like this too when he said...

81 *My soul fainteth for thy salvation: but I hope in thy word.*
 82 *Mine eyes fail for thy word, saying, When wilt thou comfort me?*
 83 *For I am become like a bottle in the smoke; yet do I not forget thy statutes.*
 84 *How many are the days of thy servant? when wilt thou execute judgment on them that persecute me?*
 85 *The proud have digged pits for me, which are not after thy law.*
 86 *All thy commandments are faithful: they persecute me wrongfully; help thou me.*
 87 *They had almost consumed me upon earth; but I forsook not thy precepts.*
 88 *Quicken me after thy lovingkindness; so shall I keep the testimony of thy mouth.*
 Ps 119:81-88

A 'bottle in the smoke' is a wine skin and it shrivels and gets black when put in smoke. That's how the Psalmist felt inside his soul. This Psalm (119) was likely penned by Hezekiah, one of the

few good kings of the southern kingdom of Judah. He lived in a time when much of his nation was corrupt and therefore, he was faced with *a lot* of opposition (even in his own administration) when working to kick out the false gods and idols in Israel, for he was striving to make God's Law be the 'land of the law' again. He wanted his nation to be governed by God's righteous laws, both in the priesthood and in the government. So, he (like David) felt what it was like to have great opposition for doing what's right. Scriptures like these remind us that being persecuted for doing what's right is nothing new. It has happened for thousands of years, so we're not experiencing anything new. We must keep this in mind when we too 'get down and out' and have a 'bad day' every now and then. However, we must also remember not to *stay* down...

Psalm 13

2 ***How long** shall I take counsel in my soul, having sorrow in my heart daily? **how long** shall mine enemy be exalted over me?*

Again, David asks 'how long'. He must have been praying to God for some time and not like he had not gotten an answer yet; and this grieved his soul because his enemies were 'exalting' themselves over him. While we're not told exactly what time in David's life this Psalm was written, David had *many* occasions to feel like this. In his younger years, the king of Israel (Saul) continued to pursue him (with the Israelite army) even after David had fled to the wilderness for safety. Time and time again Saul tried to literally kill David and it was for no fault of David's. Saul was extremely jealous of David because David was not only younger, and likely better looking, but *everyone* (even Saul's children) liked David *a lot*. David was also very famous in war; he killed the giant Goliath (at the tender age of roughly 17) when no one else in the army (not even king Saul) dared to, and then led the Israelite army into many more victories. And because Saul was afflicted by evil spirits, he could not contain his jealousy for David. But, there were other 'hard times' in David's life; such as the time when his own son, Absalom, convinced nearly all of Israel to rebel against David. So, David had to again flee to save his life, and his family, and few faithful followers he had left. So, whatever time period this Psalm was written in, David was really having a hard time emotionally. He had sorrow in his heart *daily* and, although he was trying to figure it out (i.e. taking counsel in his soul) he still felt his enemies were winning. Again, we living today have these emotions too at times. When we see how our nations have been totally taken over (from the inside out) we too wonder 'how long' God is going to put up with all this wickedness. For, even when good people do try to stand up and stop the madness, they are persecuted so much (by the media and such) that their character is assassinated and, if they are really vocal (like exposing some people's terrible sins) they'll even get *physically* assassinated (i.e. murdered). So, it's easy for us to think 'how long' is this crap going to continue? We keep praying to God for help but the world seems to just be getting worse and worse. We must remember this was prophesied to happen *to our generation* [Mth 24:32-34, learn about this generation in: **Parable of the Fig Tree** - <https://t.me/BibleStudyTruth/950>]...

12 Yea, and all that will live godly in Christ Jesus shall suffer persecution.

13 But evil men and seducers shall wax worse and worse, deceiving, and being deceived.

14 But continue thou in the things which thou hast learned and hast been assured of, knowing of whom thou hast learned them;

2 Tim 3:12-14

*3 For **the time will come when they will not endure sound doctrine; but after their own lusts shall they heap to themselves teachers, **having itching ears;*****

*4 And **they shall turn away their ears from the truth, and shall be turned unto fables.***

5 But watch thou in all things, endure afflictions, do the work of an evangelist, make full proof of thy ministry.

2 Tim 4:3-5

Paul warned his student and fellow evangelist, Timothy, that evil men and (spiritual) seducers would wax worse and worse. In other words, the spiritual deception in these ‘end days’ will only get worse and worse. And that’s because people would have ‘itching ears’, meaning they would be looking for lies *instead of truth*. How rampant this is today. That’s why things like humanism, communism, socialism and even outright Satanism are on the rise. That’s also why people love to go to Church and hear the ‘traditions of man’ rather than study with someone who actually teaches God’s Word [<https://t.me/BibleStudyDownload/212>]. Most don’t even try to study God’s Word in depth themselves because it’s just ‘too hard’ to understand. It’s so much ‘easier’ to just let someone else explain it... even though the people they listen to don’t even know what they are talking about! And Jesus Himself warned us...

*21 For **then shall be great tribulation, such as was not since the beginning of the world to this time, no, nor ever shall be.***

22 And except those days should be shortened, there should no flesh be saved: but for the elect's sake those days shall be shortened.

23 Then if any man shall say unto you, Lo, here is Christ, or there; believe it not.

*24 For there shall arise false Christs, and false prophets, and shall shew great signs and wonders; **insomuch that, if it were possible, they shall deceive the very elect.** [Rev 13:13]*

25 Behold, I have told you before.

26 Wherefore if they shall say unto you, Behold, he is in the desert; go not forth: behold, he is in the secret chambers; believe it not.

27 For as the lightning cometh out of the east, and shineth even unto the west; so shall also the coming of the Son of man be.

Matt 24:21-27

Jesus told us that during the ‘great tribulation’ (when Satan is kicked out of heaven to earth) it would be so great of a tribulation that *such as was not since the beginning of the world to this time, no, nor ever shall be*. That’s why He says God shorted the original time period (from seven years of tribulation, as was told to Daniel) ‘for the elect’s sake’. Reve 9 tells us that the fallen angels (locusts) now have only five months to spiritually ‘sting’ the world (deceive them) so that’s the time it’s been shortened too, thankfully. And, while there’s nothing new under the sun (Ecc 1:9) the time is coming when we shall endure a greater tribulation than any other generation

on earth. But, it's not so much the physical calamities on earth that we must prepare for – those are merely signs that Satan's arrival is imminent (and Jesus' arrival is only *after* Satan comes first, to fool the world into worshipping him). The reason the 'great tribulation' is worse it because it's a *spiritual* tribulation [learn more about this in these studies on **The Tribulation of the End Times** <https://t.me/BibleStudyDownload/424> and <https://t.me/BibleStudyDownload/403>]. And the reason it'll be 'so great' is not because of physical calamities, but because *Satan himself* (the most deceptive and evil entity ever) will be on earth *deceiving people!* *That's* why Jesus warns us that false prophets would come and be so good at deceiving; and if God had left the original seven years of tribulation, even the elect (Body of Christ) *might* be able to be deceived (albeit Jesus did not say this *was* possible, he said 'if' it was possible). So, He has shortened the time and thank God for that. So, even though hard times are coming, Jesus told us...

These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.

John 16:33

Jesus told us to be of good '**cheer**', despite the coming tribulations. The word 'cheer' here is the Hebrew word *tharseo* (#2293), which means: **to have courage**. And it comes from the word *tharsos* (#2294), which means: **boldness**. So, despite the hard times (persecutions and tribulations) that are coming, we can (and should) have courage to do what's right and boldly share the Gospel of Christ Jesus. And we can have courage and boldness because He has given us peace of mind and peace in our heart *through His Holy Spirit* (John 14:15-17, John 14:26, John 15:26-27, John 16:6-7). This is why Paul told us...

6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Phil 4:6-7

Paul promises us that we *must* learn to stop worrying ('careful' here means *to be anxious*, #3309) and take our concerns, worries, anxieties and fears to God in prayer and supplication (with thanksgiving), so the peace of God (which comes to us from the Holy Spirit) will indeed 'keep' our hearts and minds through Jesus Christ. The word '**keep**' is *phroureo* (#5432), which means: **to be a watcher in advance**, i.e. **to mount guard as a sentinel** (post spies at gates); figuratively, **to hem in, protect**. Indeed, the Holy Spirit does protect our heart (desires, intentions, emotions) and mind (thought process) simply by *dwelling inside our soul*. But a key point to this is that we must *continue* to have faith that God *does* hear our prayers and *will* answer us. Now, it's good, when we're not getting an answer as quick as we want (like David) to make sure we don't have any hidden sins we're not seeing. And it's even ok to ask God to show you if He is not answering because of any sin you have not repented for. As David says in another Psalm...

12 Who can understand his errors? cleanse thou me from secret faults.

13 Keep back thy servant also from presumptuous sins; let them not have dominion over me: then shall I be upright, and I shall be innocent from the great transgression.

14 Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.

Ps 19:12-14

But, after we've done all we can do to clean our heart and mind, we must remember to *be patient* and *trust* in our Heavenly Father. He might just be testing your faith a little bit and He has every right to do this. *Ye have heard of the patience of Job, and have seen the end of the Lord; that the Lord is very pitiful, and of tender mercy* (James 5:11). God had so much confidence in Job's love and faith towards Him that He took away His 'wall of protection' (the spiritual wall of protection) from Job and allowed Satan to attack Job severely. Job lost all his children and his material wealth (which was mostly cattle back then). He was even plagued by very painful boils. Yet, even though Job didn't know why this was happening to him, he still loved God and remained faithful to Him. And, God blessed him double for his faithfulness. Thus, Job is a very good example for us. But, when we don't get our prayers answered when we want them to be, it might also just not be time for God to answer your prayers. Psalms 90 and 2 Pt 3 tells us that to God, one day is as a thousand years. So, *our Heavenly Father doesn't view time the same way we in the flesh do*. So, if He chooses to take 'a little while' to help you through your struggles, don't fret about it. To Him, a month (or even a couple of years) really isn't that long although to us it seems like 'forever'. *Continue to do what's right*, the best you can, and keep your faith in His ability, and promises, to *always* help us through all the hard times. **He will**, eventually, help you out of your troubles and doubtlessly, you will come out a much stronger person through it. Hard times help us get stronger; only the weak hearted will fall to sin (Satan's rebellion) in the face of hard times (Mth 13:20-21). That may very well be *exactly* what God is testing you to find out. But, if we remain faithful to Him, He will *always* help us through, and out of, the hard times, as 1 Cor 10:13 promises. 2 Peter 2:9 also tells us that *the Lord knoweth how to deliver the godly out of temptations, and to reserve the unjust unto the day of judgment to be punished*.

Psalm 13

*3 Consider and hear me, O LORD my God: **lighten mine eyes**, lest I sleep the sleep of death;*

Dauid continues to plead to God to hear *and* answer his prayers. The word '**hear**' is '*anah*' (#6030), which is a primitive root that can mean **to eye or** (generally) **to heed**, i.e. **pay attention** but, by implication, it can also mean: **to respond**; by extens. **to begin to speak**; specifically, it means to **sing, shout, testify, announce**. So again, David is asking for God to, not only hear and consider his prayers, but also *to do something about it*. He then asks God to 'lighten' his eyes lest he 'sleep the sleep of death'. Basically, David is worried that he is going to die (literally) if he does not get some assurance from God that help is on the way. To 'lighten mine eyes' is a figure of speech that means 'revive me', which is a call for spiritual and/or physical revitalization. And we are very clearly told that the Word of God (the Holy Spirit in written form) **is** what spiritually revitalizes us (Ps 119:37,40,107,149,154; Rom 8:11, John 5:21). In John 6:63 Jesus says: *It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit,*

and they are life. And, of course, He can also heal our flesh body too, as so many of the Scriptures in the Gospels and book of Acts record. Eph 3:16-21 also tells us that the ‘riches’ of God’s glory come to us when He strengthens our ‘inner man’ (our mind and heart) *by His Holy Spirit*. And this indwelling of the Holy Spirit in our souls (by faith in Jesus Christ) is what causes us to be ‘rooted and grounded’ in love. And the purpose is so we’ll know (in our heart and mind) the depths of the love of Jesus Christ (that passes all fleshly knowledge or understanding), for truly (and this is a critical point), God is able *to do exceeding abundantly above all that we ask or think, according to the power that worketh in us*. Through the Holy Spirit dwelling inside our soul, God is able to do much more than we can even *think* to ask of Him. This stood true for David (as God caused him to be the king of Israel and protected him until it was time for him to die) and *it’s true for us today*. For as Paul said in 2 Tim 2:12: *If we suffer, we shall also reign with him: if we deny him, he also will deny us*. We can’t truly comprehend the joy we’ll feel if we remain faithful to Jesus and are allowed to reign with Jesus Christ when He returns, let alone what it’ll be like (truly) to have eternal life. But, we can get a ‘glimpse’ of this when the Holy Spirit comes into our heart (desires, emotions, intentions) and mind (thought process) and gives us that peace that ‘passes understanding’ in the flesh realm. That’s why 2 Cor 1:22, 5:5 and Eph 1:14 says the Holy Spirit is only the ‘earnest’ (down payment) *for what is yet to come...* think about that! How well did David declare in Ps 16:11: *Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore*. When we are a part of the Body of Christ, we are ‘at the right hand’ of God because Jesus Christ is at God’s right hand in heaven (Mk 16:19; Acts 2:33; rom 8:34; Col 3:1; Heb 10:12; 1 Pt 3:22). But again, all of these promises come in God’s own timeframe, not our own. That’s why the Scriptures tell us *we must have patience...*

35 *Cast not away therefore your confidence, which hath great recompence of reward.*

36 *For ye have need of patience, that, after ye have done the will of God, ye might receive the promise.*

37 *For yet a little while, and he that shall come will come, and will not tarry.*

Heb 10:35-37

3 *Knowing this, that the trying of your faith worketh patience.*

4 *But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.*

James 1:3-4

Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us,

Heb 12:1

This is why we must continue to study God’s Word and work to allow His Words and His Holy Spirit to ‘lighten’ our eyes so we don’t ‘sleep the sleep of death’...

3 *But if our gospel be hid, it is hid to them that are lost:*

*4 In whom the god of this world hath blinded the minds of them which believe not, **lest the light of the glorious gospel of Christ, who is the image of God, should shine unto them.***

5 For we preach not ourselves, but Christ Jesus the Lord; and ourselves your servants for Jesus' sake.

*6 For **God, who commanded the light to shine out of darkness, hath shined in our hearts, to give the light of the knowledge of the glory of God in the face of Jesus Christ.***

*7 But we have this treasure in earthen vessels [the Holy Spirit within us], *that the excellency of the power may be of God, and not of us.* [the Holy Spirit is what strengthens us]*

8 We are troubled on every side, yet not distressed; we are perplexed, but not in despair;

9 Persecuted, but not forsaken; cast down, but not destroyed;

10 Always bearing about in the body the dying of the Lord Jesus, that the life also of Jesus might be made manifest in our body.

*11 For we which live are alway delivered unto death for Jesus' sake, **that the life also of Jesus might be made manifest in our mortal flesh.***

2 Cor 4:3-11

*5 This then is the message which we have heard of him, and declare unto you, that **God is light, and in him is no darkness at all.***

6 If we say that we have fellowship with him, and walk in darkness, we lie, and do not the truth:

*7 But **if we walk in the light, as he is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanseth us from all sin.***

8 If we say that we have no sin, we deceive ourselves, and the truth is not in us.

9 If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

10 If we say that we have not sinned, we make him a liar, and his word is not in us.

1 John 1:5-10

So, the Light is our Heavenly Father Himself (the Word of God and Holy Spirit) – *that's* what 'lightens' the 'eye' (spiritual understanding, Eph 1:18) of our soul when we allow His truth (His Word and His Son, Jesus Christ) to come into our soul and change our 'inner man'. Jesus Christ cleanses us from sin when we study His Word allow the Holy Spirit to help us put off the carnal, fleshly way of thinking (the 'old man' - Rom 6:6, Eph 4:22, Col 3:9, Luke 9:23) and put on the 'new man', which *is created in righteousness and true holiness* (Eph 4:24) and *is renewed in knowledge after the image of him that created him* (Col 3:10). And this is also how we get ourselves out of the 'bad days', when we have them, which is exactly what David does in this Psalm...

Psalm 13

4 Lest mine enemy say, I have prevailed against him; and those that trouble me rejoice when I am moved.

David now prays for God to hear (and answer) his prayers by 'lightening' his 'eyes' (giving Him assurance and help from His Holy Spirit) so that David's enemies won't be able to say they

prevail against one of God's anointed – which David was (1 Sam 16:13, 2 Sam 12:7, 23:1, etc.). For the wicked who persecuted him *wanted* to greatly rejoice by seeing David '**moved**', which is the Hebrew word *mowt* (#4131) that means: **to waver**; by implication **to slip, shake, fall**. Of course, this can be physically or spiritually. The point is that, because David was God's servant, those who persecuted him were really persecuting (and rebelling against) God Almighty. And David therefore was pleading for help from God Almighty (YHWH) because David was HIS servant. As such, Satan himself was trying to get David to sin against God. This is why 1 Chron 21:1 says that *Satan stood up against Israel, and provoked David to number Israel*. As the book of Job (and many other Scriptures) attests to, Satan just loves to spiritually trip up God's servants (Christian) and get them to sin against God. That's his goal in his pitiful life. That's why he was so brash to actually tempt God in the flesh, via Jesus Christ (Mth 4, Lk 4). Thankfully, he failed miserably in his attempts as Jesus Christ knew exactly how to handle him. He used the Word of God to defeat Satan's temptations (which we should do too) and then finally told Satan to go away (Mt 4:10, Lk 4:8), which we should do too, in Jesus' name (John 14:13-14, 15:16, 16:23-26; Lk 10:19), for Jesus is the one that has the power to do *make* Satan go away (Heb 2:14) and has given us this power in His name (Lk 10:19). So, David was really asking for God to preserve *His own name and glory* because, it's just not befitting for Satan, or his followers, to ever win, spiritually, over the servants of Jesus Christ - *because* Jesus has *already* defeated the power of Satan (Heb 2:14). That's why He is the King of kings and Lord of lords (Rev 19:16).

Psalms 13

5 But I have trusted in thy mercy; my heart shall rejoice in thy salvation.

Now David finally starts to 'come back to his senses again' (thinking with the 'new man' and not the 'old man', the carnal mindset) and remembers what has *always* saved him: *trusting* in our Heavenly Father....

8 The LORD is merciful and gracious, slow to anger, and plenteous in mercy.

9 He will not always chide: neither will he keep his anger for ever.

10 He hath not dealt with us after our sins; nor rewarded us according to our iniquities.

11 For as the heaven is high above the earth, so great is his mercy toward them that fear him.

12 As far as the east is from the west, so far hath he removed our transgressions from us.

13 Like as a father pitieth his children, so the LORD pitieth them that fear him.

14 For he knoweth our frame; he remembereth that we are dust.

Ps 103:8-14

Our Heavenly Father remembers we're in flesh bodies. As such, there are going to be days when we just feel 'down and out'. We'll all have 'bad days' - every now and then. However, those who truly believe in Jesus Christ will learn how to comfort and strengthen themselves (and others) to get through the hard times. As Ps 119:52 says: *I remembered thy judgments of old, O LORD; and have comforted myself*. Ps 143:5 also says: *I remember the days of old; I meditate on all thy works; I muse on the work of thy hands*. In other words, when we get 'down and out' we should discipline ourselves to remember God's Word. Remember His promises. Remember the many

times He has delivered the godly out of all their troubles. Remember how He hates the wicked and promises to punish them. Remember - don't forget! As Paul tells us...

*Finally, brethren, whatsoever things are true, whatsoever things are **honest**, whatsoever things are **just**, whatsoever things are **pure**, whatsoever things are **lovely**, whatsoever things are **of good report**; if there be any **virtue**, and if there be any **praise**, think on these things.*

Phil 4:8

Paul tells us what we should think about and it's not all the negative news. It's not our negative emotions or sinful desires. Essentially, we shouldn't allow ourselves to have a 'pity party'. So, the way we get out of depression, or even just having a 'bad day' is to **discipline our mind and heart to think about God's Word**. And we should also remember to 'count our blessings', for this brings us closer to God because - when we remember all He has done for us - we are *grateful* to Him. And when we remember (through His Word) all He has done to keep His Word - and what His promises are - we'll remember He will indeed help us through all our troubles, albeit it will be in His own time frame and in His own way. And we should be more than happy with that because, if we truly trust in Him, we'll recognize that His ways, and His time frame, is *always* much better (wiser) than ours. Our carnal mind wants things '*now*'. Even when asking for patience, we want it '*now*'! So, we must subdue that carnal mind and discipline ourselves to be patient, by remembering all God has done for us (and for His children) **and** what He has promised He will do. As Heb 13:5 says: *Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee*. Therefore, we should know, without a doubt, that our Heavenly Father will continue to have mercy upon us and bring us salvation, so long as we 'keep up the faith' in His only begotten Son (Jesus Christ) and strive sincerely to obey Him.

Psalms 13

6 I will sing unto the LORD, because he hath dealt bountifully with me.

David ends this song by promising to sing unto the Lord (YHWH) because he knows that He will deal bountifully with him - that's called 'faith' in our Heavenly Father (Jesus Christ). The word '**bountifully**' is the Hebrew word *gamal* (#1580), a primitive root that means: **to treat a person** (well or ill), i.e. **benefit** or **requite**; by implication (of toil), **to ripen**, i.e. (specifically) *to wean*. The *Companion Bible* says the phrase 'dealt bountifully with me' could even be rendered as *compensated*. So, even though David was feeling very 'low' (emotionally and spiritually) he finally came to his senses and remembered to trust in God's mercy and salvation. After all, David had experienced God's mercy, grace and salvation (deliverance) many times in his life. And this caused him to want to sing praise to our Heavenly Father because he *knew* (remembered) that God would indeed 'deal well' with him. As Ps 33:1 says: *praise is comely for the upright*. This means it is very befitting for those who love God to praise Him; and indeed those who love, serve and trust in God (Jesus Christ) WILL praise Him, for *there are truly so many things to which we can praise Him for*. For starters, He has given us life. Secondly, salvation through

Jesus Christ. Thirdly, He's created this beautiful world we live in and gives us not only food and water but also the air we breathe. As another Psalms says...

1 Bless the LORD, O my soul: and all that is within me, bless his holy name.
2 Bless the LORD, O my soul, and forget not all his benefits:
3 Who forgiveth all thine iniquities; who healeth all thy diseases;
4 Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies;
5 Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's.
6 The LORD executeth righteousness and judgment for all that are oppressed.
Ps 103:1-6

This is an excellent Psalm because it reminds us of all the Lord's (YHVH) benefits He gives us. He forgives our sins, heals all our diseases, redeems our soul from destruction (spiritual death) and 'crowns' us with lovingkindness and tender mercies. He also gives us good food to eat that nourishes our body which gives us physical strength to keep on going. And further to all that, He indeed executes *righteousness and judgment for all that are oppressed* – in His own time and way. And if you are really in tune with Him, you'll likely see the many ways He gets back at those who despise Him and harm those who love and serve Him. Indeed, even in the news one can see how a politician, or comedian, who openly mocks Jesus Christ later dies 'suddenly' from a heart attack or some other ailment. Amazing isn't it? As Gal 6:7 says, *Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap*. And we must believe this or else we'll be on the wrong end of His mighty 'stick'. Remember, the Shepherd's rod has two sides to it: one side is a hook that bring His sheep back to Him and also gets them out of trouble while the other is a blunt end that is very lethal when need be...

Now, David closes this Psalm again with the words "*To the chief Musician*" which, as we have learned, means 'to He that has the victory' or 'to He that gives the victory' – which, of course, is our Lord and Savior, Jesus Christ. So, David dedicates this Psalm to our Lord and Savior, Jesus Christ because He indeed is the one that has the victory over all *and* He is also the one that gives us the victory, when we remain faithful to Him...

11 Thine, O LORD, is the greatness, and the power, and the glory, and the victory, and the majesty: for all that is in the heaven and in the earth is thine; thine is the kingdom, O LORD, and thou art exalted as head above all.
*12 Both riches and honour come of thee, and **thou reignest over all**; and in thine hand is power and might; and in thine hand it is to make great, and to give strength unto all.*
1 Chron 29:11-12

He will swallow up death in victory; and the Lord GOD will wipe away tears from off all faces; and the rebuke of his people shall he take away from off all the earth: for the LORD hath spoken it.
Isa 25:8

*57 But thanks be to God, **which giveth us the victory through our Lord Jesus Christ.***

*58 Therefore, my beloved brethren, be ye stedfast, unmoveable, always abounding in the work of the Lord, forasmuch as **ye know that your labour is not in vain in the Lord.***

1 Cor 15:57-58

Our labor in serving Jesus Christ is not in vain. Keep up the ‘good fight’! (1 Tim 6:12)

AMEN.