

June 13, 2021

Psalm 13

Children's message: This morning David is in an unhappy place. He feels that God has forgotten him. It may feel that way to David. Yet the fact of the matter is that God never ever forgets us. In these types of situations, I often wonder if we actually forget ourselves. Do we ever stop and think who we actually are? We are children of God. The same God who created everything. He is the One who made everything with a word and created you and I. We are all thoughts of God in order for us to exist. You and I are intentional thoughts of God. That is how important we are. That God thought about each and every one of us. Maybe David forgot David and who he really is?

At the end of this Psalm, David rethinks how he is feeling. He realizes that God never forgot about him. David was having a very bad day. Some would call it a pity party. This Psalm is important because it reminds us that sometimes our feelings can be wrong. Especially when we don't have all the facts. Or take time to remember the facts. We will all have days like David's in our own lives. We need to remember that the One who made and thought about us still loves and cares about us.

The one extreme situation of forgetting a child is the movie Home Alone. The movie is not so much about forgetting as it is more about remembering. Kevin's parents forget to take him with them as they go on holidays to France at Christmas. His mom does remember him while they are in the airplane over the ocean. She remembered that she

forgot to bring Kevin along. His mom is thinking about him for the rest of the movie. She worries and frets about him while they are separated. She does this because she loves Kevin and is worried about his safety. So I like to think that this movie is more about remembering Kevin than it is about how they forgot him.

We should always remember that God loves us and does not forget us. There will be times it may feel that way. Then we need to stop and gather the facts. God is the One who made us out of love. He thought about each of us. Remember who we are and whose we are. Try a little thanksgiving to realize that He constantly remembers us.

Adult's message: Scholars have said that the chief musician here is God and the others are the choirs or musicians of David's time. This Psalm begins with discouragement and despair and finishes with joy and encouragement. That is a broad field of human emotion to cover. The phrase "How Long" is used four times and has been called the Howling Psalm. Playing on how the two phrases can sound similar. David is howling and crying out to God in pain and anxiety. When is this trial going to end. How long is this situation going to go on for and can I climb out of it? Kind of like Covid when you think about it.

The pain that David is experiencing is the sense that God has forgotten him. That there is a great distance between the both of them. I am sure that this Psalm was prayed often by the Jews who were in the camps during the war. They had similar feeling to David. Distance from God is truly hell. We have a natural inclination to be close to God but when we can't be as close as we would like then it becomes hell. Paul writes about this situation in 2 Thess 1:9, "The final absence of God is

hell itself. Depart from me you cursed, is worse than, into the everlasting fire. To be punished from the presence of the Lord is the hell of hells.”

God did not hide His face from David. Yet David felt as though He did. This is actually what David felt and experienced. There are times in our lives when feelings can create realities that are not rooted in facts. There are times in some situations I have felt like I was sixteen. Only in my failure to be reminded of my actual ability and age. In fact God did not hide from David. As I said with the children, we are all thoughts of God. Remember Whose we are. Isaiah 49:14-16, “Can a woman forget her nursing child, and not have compassion on the son of her womb? Surely they may not, yet I will not forget you. See, I have inscribed you on the palms of My hand.” When we feel as David did, it is not a bad spiritual exercise to express our feelings to Him. This may lessen the burden on our hearts and help us process our feelings. Look around at the things in your life that you are thankful for. Doing this reminds us that He has not forgotten us.

David has issues with God as we just discussed. He also has issues with himself and others. David has troubles just like you and I. Sometimes thinking about our problems too long makes us more depressed. We really need to get out of our heads and do something physical. Something that does not require too much thought. I often found splitting wood to be a great way to get out of my head and just focus on splitting that block. Trouble has been compared to a pill that God wants us to swallow. We make it worse by keeping it in our mouths and chewing it.

David feels that he is God's man. He has a special calling to lead God's people. David's enemies are God's enemies and the enemies of God's people. David is also questioning his favour with God. If his enemies are gathering for a confrontation, he may lose the battle and God's favour. David's depression is only fueling his mania.

Thankfully David starts to pull out of his funk in the later verses of this Psalm. The line, enlighten my eyes, shows that David had the wisdom to know his feelings were not reality. His vision was clouded and dark due to his feelings. He cries out to God to enlighten his eyes and perception. Enlighten my eyes is a beautiful short prayer. Paul understood the importance of having enlightened eyes. Ephesians 1-18, "The eyes of your understanding being enlightened that you may know what is the hope of His calling."

By the time we get to verse five, we have a very different David. His heart is rejoicing in God's salvation and he is singing to the Lord. Now it seems that David is directing his feelings in what to do. Instead of his feelings directing him. David is rejoicing in being saved. This is the foundation for all who believe. Knowing that you are saved compels one to rejoice. So in this fact of knowledge he sings to the Lord.

David's eyes are enlightened. He can now see God's goodness in his life. This is a very profound change in perspective from the start of this Psalm. Knowing that we don't see everything is a great place to start. It compels us to get more facts and information about the situation. Sometimes our feelings do not give us accurate information or perspective in a certain situation. Gather enough facts to enlighten our eyes. This is a great prayer that takes us to a place of trust, joy and confidence that God hears us.

Depression can be crippling. We see it in David this morning. We also are seeing it more today in those around us. Covid has not helped this by isolating people. We have too much time to spend in our heads and reflecting on it. Like David, we are having problems separating feelings from facts. Now is the time to be praying to God to enlighten our eyes and to remember that He has not forgotten us.

God Bless, the truth is out there if you look for it, Pastor D