

PRAYERS FOR TODAY
Psalm 13, A Prayer of Lament

lament | lə-'ment |

a passionate expression of grief or sorrow

Biblically understood, a lament is a prayer response to a painful reality.

- One third of the Psalms are Psalms of lament.
- Even Jesus lamented over the cross (Matthew 26:36-46)

Psalm 13 models what it means to lament.

Verses 1-2

- Expressing grief and sorrow of feeling abandoned by God.

Verses 3-4

- Appealing to God for help and intervention.

Verses 5-6

- Maintaining a posture of praise, despite the grief over current circumstances.

GOD'S WORD FOR TODAY

Psalm 13

How long, O Lord? Will you forget me forever?

How long will you hide your face from me?

² How long must I take counsel in my soul and have sorrow in my heart all the day?

How long shall my enemy be exalted over me?

³ Consider and answer me, O Lord my God; light up my eyes, lest I sleep the sleep of death,

⁴ lest my enemy say, "I have prevailed over him," lest my foes rejoice because I am shaken.

⁵ But I have trusted in your steadfast love; my heart shall rejoice in your salvation.

⁶ I will sing to the Lord, because he has dealt bountifully with me.

Matthew 26:36-46

³⁶ Then Jesus went with them to a place called Gethsemane, and he said to his disciples, "Sit here, while I go over there and pray."

³⁷ And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled. ³⁸ Then he said to them, "My soul is very sorrowful, even to death; remain here, and watch with me." ³⁹ And going a little farther he fell on his face and prayed,

saying, "My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will."

⁴⁰ And he came to the disciples and found them sleeping. And he said to Peter, "So, could you not watch with me one hour? ⁴¹ Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak."

⁴² Again, for the second time, he went away and prayed, "My Father, if this cannot pass unless I drink it, your will be done."

⁴³ And again he came and found them sleeping, for their eyes were heavy. ⁴⁴ So, leaving them again, he went away and prayed for the third time, saying the same words again. ⁴⁵ Then he came to the disciples and said to them, "Sleep and take your rest later on. See, the hour is at hand, and the Son of Man is betrayed into the hands of sinners. ⁴⁶ Rise, let us be going; see, my betrayer is at hand."