

# How to Survive and Be Transformed When Pain Comes

## Psalm 13

### #1: Talk (13:1a)

...O LORD?

### #2: Complain (13:1b-2)

<sup>1</sup> How long, O LORD? Will you forget me forever?

How long will you hide your face from me?

<sup>2</sup> 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: Ask (13:3-4)

<sup>3</sup> Consider and answer me, O LORD my God;  
alight up my eyes, lest I sleep the sleep of death,

<sup>4</sup> lest my enemy say, "I have prevailed over him,"

lest my foes rejoice because I am shaken.

### #4: Trust (13:5a)

<sup>5</sup> But I have trusted in your steadfast love;

### #5: Praise (13:5b-6)

my heart shall rejoice in your salvation.

<sup>6</sup> I will sing to the LORD,

because he has dealt bountifully with me.