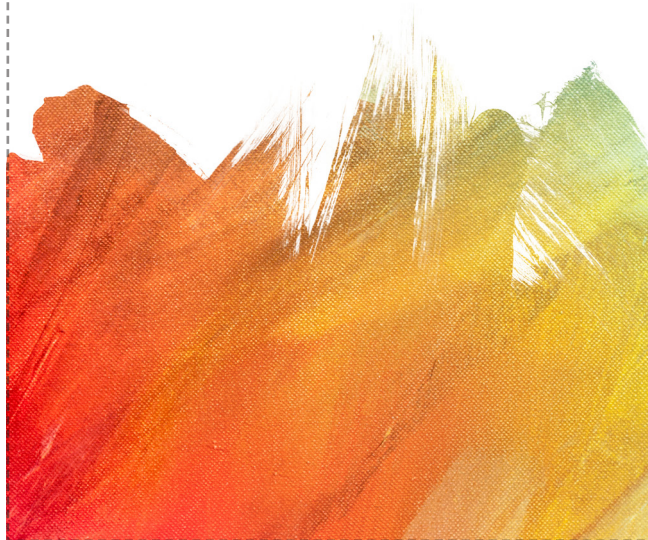


## *Praying the Psalms*

Many of the psalms are prayers. The psalmist directs his questions, thoughts, joys, and sorrows to the only One who can do anything about it.

This is why for centuries, God's people have used the psalms in their own prayer lives. If you find yourself wondering how to pray or what to pray, let the psalms be your guide. Notice that the psalmist is honest, bold, and specific. Sit with this psalm (or any psalm) and let it guide you in the same way.



## Psalm 13

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

How long will you hide  
your face from me?

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?

*Lord, I feel forgotten by you today. Will this last much longer? (Use specific examples of how you feel forgotten—like the psalmist does. He speaks of the struggle in his mind, heart, and also around him with his enemies. Where are your struggles today?)*

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

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

*Will you hear me? Will you listen to me? Will you deliver me? (Use specific examples of the outcome for him not answering you. The psalmist speaks of God’s reputation being at stake. What can you see as the outcome of your prayer not being answered? Remind God of what your heart knows is at stake.)*

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

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

*Let these be your prayers of trust. Rephrase them for your own benefit. How has he been kind to you in the past? Remind him of that, thank him for that, and ask for more of it.*