



The darkest of the dark

April 16, 2018

PSALM 13:1-2 NKJV – (1) How long, O LORD? Will You forget me forever? How long will You hide Your face from me? (2) How long shall I take counsel in my soul, *Having* sorrow in my heart daily? How long will my enemy be exalted over me?

David left Gath and was so alone that he despaired. And now David feels abandoned as moves to a new location that is very foreign to him. David wrote **Psalm 13**—how to overcome the feelings of despair, abandonment and loneliness when we are in a very dark situation that seems hopeless.

As a believer, regardless of the extent of our spiritual maturity, it's possible to reach a point so low we actually feel that everyone—even God—has abandoned us. That was David's desperate condition when he wrote **Psalm 13**.

Psalm 13 reveals that Christ can't be our Refuge if we don't hear His invitation to **flee to Him**, or remember He's there. Sometimes we have to hit bottom, go through dark waters, or face incredible convulsions in our lives to really see Him even though He's been there all the time.

Psalm 13 appears to reveal what was happening to David after he fled Gath but before all his friends arrived at the cave, which is **1 Samuel 22:2**. As he ran for his life, he felt abandoned by everyone—including God. I am convinced abandonment feelings are very common among believers.

Thankfully, David talked about his painful loneliness. Aren't you glad he didn't cover up his struggles or hide his bad feelings? David didn't mind being thought of as weak, failing, or troubled; he simply cried out to the Lord all the more. David's turning point was "Crying out to God in prayer."

To rise above the downward pull of his emotions, all he had to do was to look up and talk to the Lord—the One he thought had abandoned him! Anxiety is nothing more than meditating on problems rather than the One who holds the solution. But God clearly commands us to meditate on His Word instead. Now open your Bible and read.

SCRIPTURE READING: HEBREWS 10:39

THOUGHT FOR THE WEEK: Faith involves your feet, not just your feelings.