

When You Losing

Psalm 13

Three times we read the Bible passage and then pray or journal quietly for a few minutes to help us listen to the Spirit. Each reading is guided by a focus question listed below.

Introduction to the Text

The Psalms record deep devotion, intense feeling, exalted emotion, and dark dejection. The Psalms play with all the keyboard keys of the human soul.

This book has been called the epitome and anatomy of the soul and designated as the garden of the Scriptures. The place Psalms have held in the lives of God's people testifies to their universality, although they have a peculiar Jewish application. They express the deep feelings of all believing hearts in all generations.

Psalm 13 – Losing! David is wrestling with this very issue of his enemy winning. Look at the last line of Psalm 13:2. He says, “How long shall mine enemy be exalted over me?” He begs God to help him so that – Psalm 13:4 – these things don't happen to him – that his “enemy [might] say, I have prevailed against him” or this other concerning possibility that “those that trouble me rejoice when I am moved.”

So, David here in Psalm 13 is giving us an inspired example of how to deal with the situation **When Your Enemy is Winning**.

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.”

Psalm 13 (ESV)

Prayer / Journaling / Soul Talk Prompts

1. What is one word or phrase the Holy Spirit impresses on you? In silence meditate on that.

2. What do you feel? What question(s) do you have for God about your life today? Write down a prayer or pray quietly.

3. What is God's personal invitation to you from the Scripture? You can write down what the Lord may be saying to you. Or you can recall God's unfailing love for you, even if you're not feeling it now, and write a prayer of thanks. Or simply rest quietly in the Spirit's presence.