



“How Long ...”

How to Get Through a Crisis

Part 9



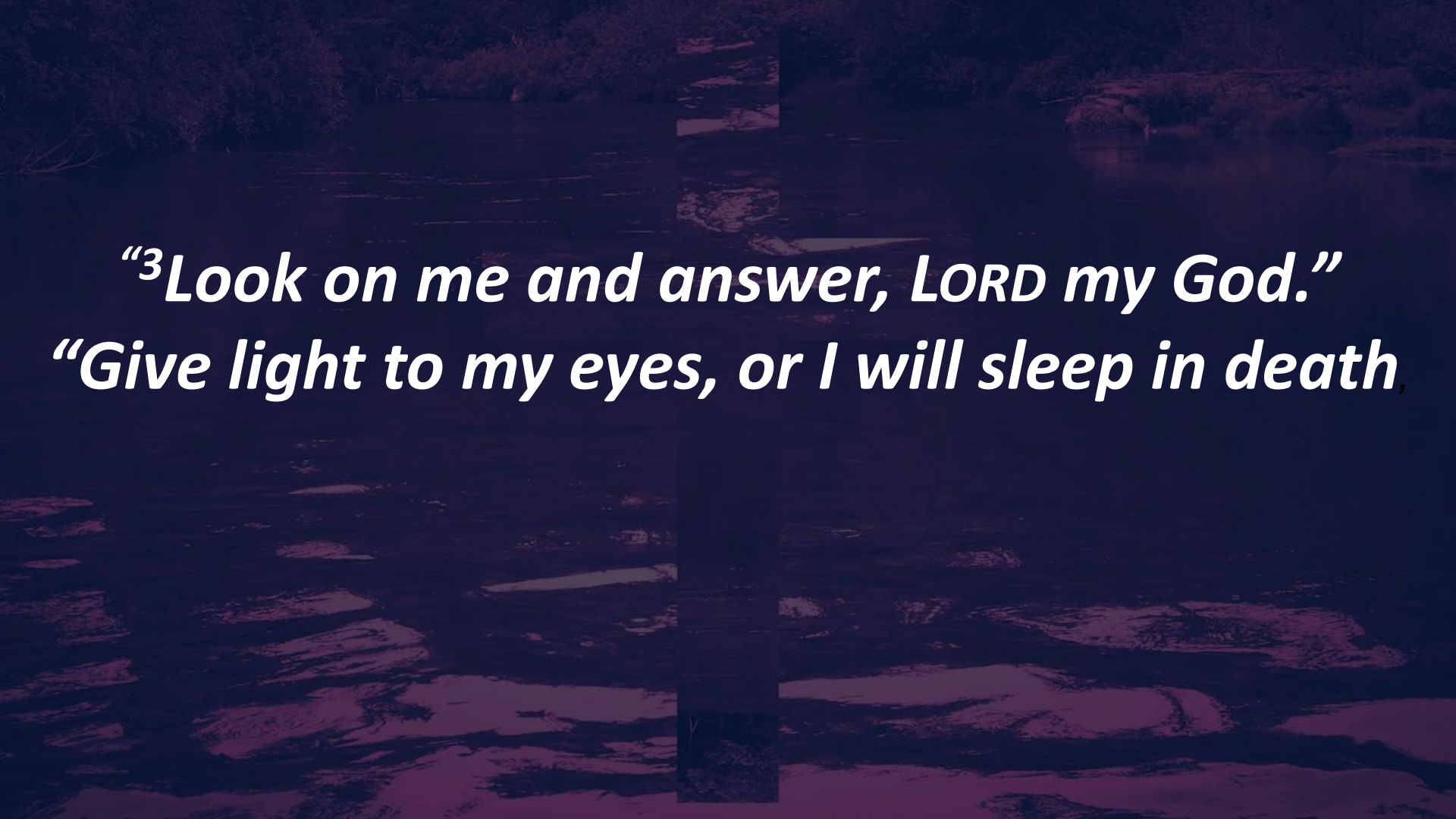
Psalm 13

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

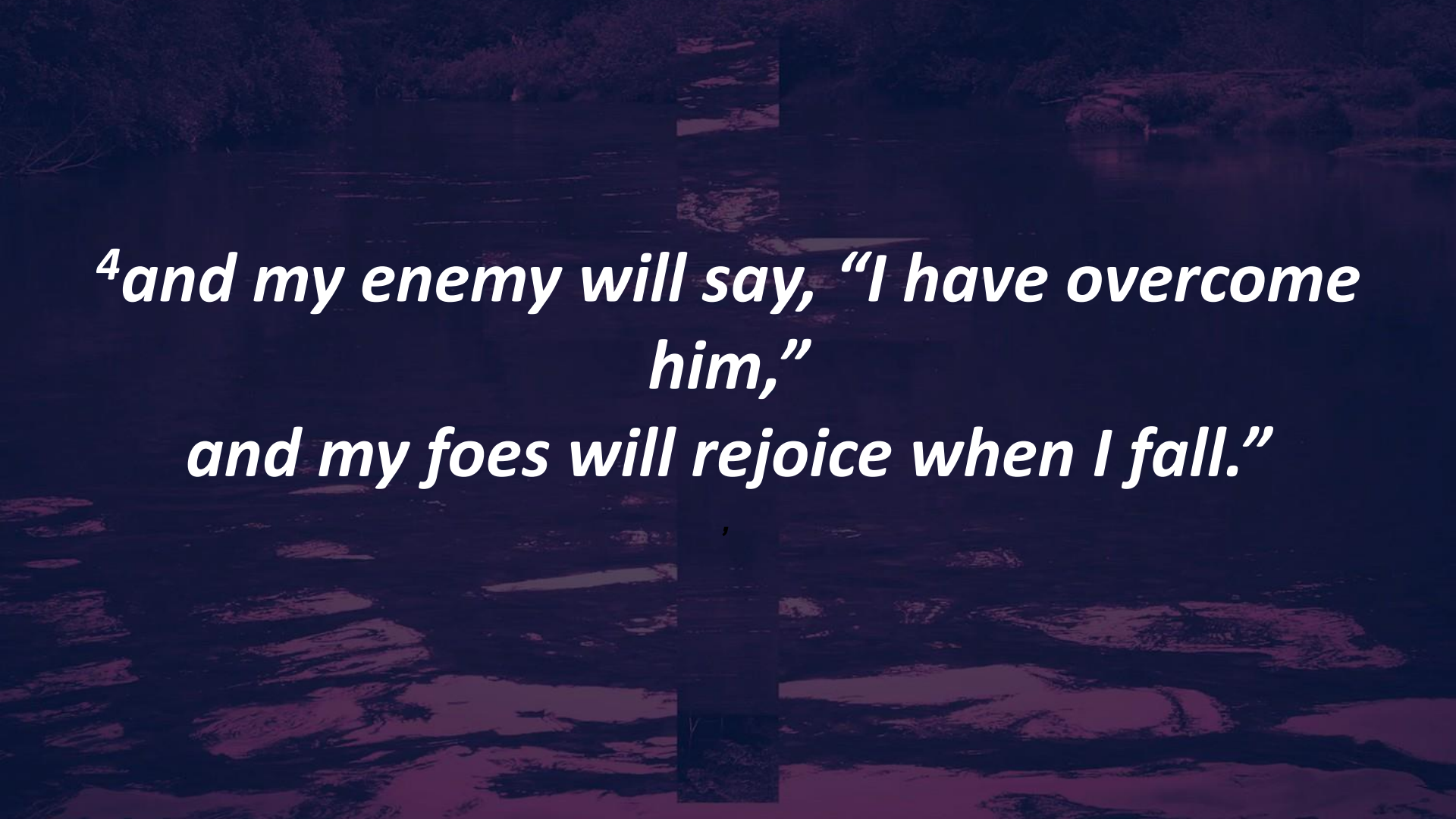
“How long will you hide your face from me?”

²How long must I wrestle with my thoughts, and every day have sorrow in my heart?

“How long will my enemy triumph over me?”



“³Look on me and answer, LORD my God.”
“Give light to my eyes, or I will sleep in death,



***⁴and my enemy will say, “I have overcome
him,”
and my foes will rejoice when I fall.”***

David dealt with loss?

- Be honest about how you're feeling
- It's okay to talk about it.
- If you don't deal with it, it will eventually deal with you
- Don't compare your loss
- David invites God into helping him deal with loss

A dark, atmospheric landscape with a path leading through a field of tall grasses towards a body of water under a cloudy sky. The scene is dimly lit, with a purple and blue color palette. The path is the central focus, leading the eye from the foreground towards the water in the distance. The sky is filled with soft, white clouds, and the water reflects the light from the sky and the surrounding landscape.

Verse 5 “But I trust in your unfailing love;



“my heart rejoices in your salvation.”



***⁶I will sing the LORD's praise,
for he has been good to me.***