

Everyday Prayers for Everyday Life

PSALM 13

For the director of music. A psalm of David

1 How long, O LORD? Will you forget me
forever? How long will you hide your face
from me?

2 How long must I wrestle with my thoughts
and every day have sorrow in my heart?
How long will my enemy triumph over me?

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

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

5 But I trust in your unfailing love;
my heart rejoices in your salvation.

6 I will sing to the LORD,
for he has been good to me.

1. Read Psalm 13:1–2. What words does the psalmist repeat? How would you describe the emotions expressed here? Have you ever felt like this? When?
2. What does the psalmist want God to do? What will happen if God doesn't act? (vss. 3–4)
3. Read verses 5–6. What does the psalmist trust in? What does he rejoice in?
4. What emotion(s) does the psalmist express at the end of the psalm? How does it compare with the emotions expressed at the beginning of this psalm? Is it possible to experience two conflicting emotions at the same time? Give an example from your own experience.
5. How does this psalm encourage you to express your emotions to God?

PSALM 55

For the director of music, with stringed instruments, A maskil of David

- 1 Listen to my prayer, O God, do not ignore my plea;
2 hear me and answer me. My thoughts trouble me
and I am distraught
3 at the voice of the enemy, at the stares of the
wicked; for they bring down suffering upon me and
revile me in their anger.
4 My heart is in anguish within me; the terrors of death
assail me.
5 Fear and trembling have beset me; horror has
overwhelmed me.
6 I said, "Oh, that I had the wings of a dove! I would fly
away and be at rest—
7 I would flee far away and stay in the desert;
8 I would hurry to my place of shelter, far from the
tempest and storm."
9 Confuse the wicked, O Lord, confound their speech,
for I see violence and strife in the city.
10 Day and night they prowl about on its walls; malice
and abuse are within it.
11 Destructive forces are at work in the city; threats
and lies never leave its streets.
12 If an enemy were insulting me, I could endure it;
if a foe were raising himself against me, I could
hide from him.
13 But it is you, a man like myself, my companion, my
close friend,
14 with whom I once enjoyed sweet fellowship as we
walked with the throng at the house of God.
15 Let death take my enemies by surprise; let them go
down alive to the grave, for evil finds lodging
among them.
16 But I call to God, and the LORD saves me.
17 Evening, morning and noon I cry out in distress,
and he hears my voice.
18 He ransoms me unharmed from the battle waged
against me, even though many oppose me.
19 God, who is enthroned forever, will hear them
and afflict them—men who never change
their ways and have no fear of God.
20 My companion attacks his friends; he violates
his covenant.
21 His speech is smooth as butter, yet war is in his
heart; his words are more soothing than oil,
yet they are drawn swords.
22 Cast your cares on the LORD and he will
sustain you; he will never let the righteous fall.
23 But you, O God, will bring down the wicked
into the pit of corruption; bloodthirsty and
deceitful men will not live out half their days.
But as for me, I trust in you.

6. Read Psalm 55:1–8. Why does the psalmist need God's help? What words does he use to tell God how he is feeling?
7. Read verses 9–21. What is causing the psalmist so much grief? (vss. 12–15, 20–21)
8. What does the psalmist do that brings God's help to him? (vss. 16–19) How often does he do it? What does he remember about God?
9. Read verses 20–23. Who in the Bible, besides David, experienced this kind of betrayal? (Matthew 26:23)
10. What was David's answer to his betrayal? What was Jesus' answer? (Luke 23:34, 46) What is your answer?