



## Dealing with doubt and disappointment

### 1. Sighs of the Heart

### 2. Stirring of Faith

### 3. Sing our Song

## A Song for every season

### Psalm 13-Dealing with doubt and disappointment

#### Read

- **Psalm 42**

#### Intro

There are lots of things in our lives at the moment that are causing us doubt and disappointment. We can't meet together in person and enjoy the relational benefits of that. It may be relationally, financially, physically, mentally but we are facing tough times and this may cause us to doubt Gods plans, goodness and reality. For me personally this has been the toughest year we have faced as the Segal family.

CH Spurgeon – says that in the psalms we see David starting with a sigh and ending with a song.

#### 1. Sigh of the Heart

We can connect and learn from this as we study this psalm. In terms of context to this psalm written by David we are not sure what is going on in his life but we know he is not starting from a good place.

##### God permits us to sigh

- How long God will this continue? Is asked four times. We may have asked the same question countless times in this current season.
- God permits and encourages the sighs of our heart. David is real about his sighs. We will grow in authenticity if we are real about doubts and disappointments.
- This can encourage us as a people to be real – and not suppress or push these things aside.

##### About feelings of abandonment

- David's sighs show that he feels abandoned by God. He can't seem to find the comfort of being in God's presence as his feeling so overwhelm him.
- We can feel abandonment as well. But do we express this in a loving dialogue with God in prayer?

##### About feelings of being alone

- We can isolate our selves and feel completely alone. It can appear that we are stuck in our thoughts – and they can be so repetitive
- Carrying sorrow around in our heart can greatly exacerbate this feeling of being alone.



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#### About feelings of anger

- Is it a surprise that God doesn't want you to hide away your anger but to come and be honest about it with Him?
- He is our father and all fathers have to deal lovingly with their children when they are angry.
- If this is the sigh of your heart then bring it to God.
- How good are we at recognizing how we feel? And asking the question what is causing this in me?

## 2. The Stirring of Faith

#### God hears our prayers

- God hears and answers our prayers.
- The truth of who God is does not change even though our feelings do
- The worst thing we can do is stay in the hole we find ourselves in – we can lift our gaze.
- The first step we must take is to acknowledge that we pray to an AWESOME God who hears us.

#### Pray to have the blessings of God illuminated afresh

- We can cry – light up our eyes. Spirit of God will you illuminate and reveal to me how special I am to you?
- We can remember the promises and blessings that God has for us.
- Lift up our eyes and see God working in our life

#### Gods plans are good

- In v4 we see that God's plans are good – He doesn't lead us to failure.
- The end story for us is one of eternal victory. We can praise God that he has taken us out of the pit and saved us. If you are lost in pain fix your eyes to the Hope of Eternity.
- Jesus has defeated our enemies – our end story is Jesus's victory on the cross.

## 3. Sing our Song

David bursts into song and his whole countenance changes.

#### Trust in steadfast love

- God is unchanging and He delights over us. God has not forgotten us at all.
- Spurgeon said that a hidden face is not a sign of a forgotten heart.
- Trust in the steadfast love of God. In Romans 8 Paul exhorts us to remind ourselves of this constantly.

#### Rejoice in your salvation

- Remind yourself that you have been rescued at a great price
- That God is holding your hand very tightly even though you might not be holding His hand very tightly at all



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### Accept God has dealt bountifully with you

- Turn your sighs into Song! Accept that God loves you
- Consider what you have in Christ
  - Every spiritual blessing
  - Life instead of death
  - Forgiveness instead of punishment
  - Forgiveness instead of judgment
  - Look at the empty tomb – we have been resurrected with Jesus
  - We are a new creation
  - Look to Pentecost – He poured out the Holy Spirit
  - He is in us
- We can sing to the Lord

**Bring your sighs, but don't stay there. Allow faith to be stirred and allow yourself to sing His praises.**