

The psalms in the Book of Psalms can be grouped in many categories. Some of the major categories are 1) praises and thanks to God, 2) God's power and creation, 3) God's forgiveness, 4) trust in God, 5) expression of lamentation or sorrow, 5) pray and/or cry out to God for help or supplication, and 6) songs that were sung during worship or during travel to hilltop temple for festival. Psalms 13 is in the group of psalms about crying to God for help. Psalms 22 and Psalms 69 have similar theme.

1. **Anxious is one of God created emotion**

David cried out to God with four "how long". David felt like God did not listen to him. It is likely the psalm was written when David was in escape where he was desperate for God's protection. God created us with feelings. God also want to train us to be more mature such as handling our emotions. It is normal that we are anxious, and want to be safe and protected by God when we are in trouble. Let's use the emotion anger as an illustration to this point. God knows we sometime can be angry but He want us to learn to control it. Eph. 4:26 states "In your anger do not sin: Do not let the sun go down while you are still angry." God want us to learn patience and trust when we are seeking God's help as in David's case. The Bible point in Eph. 4:26 also applies here which we should not sin and keep our anxious duration short. The Bible has many verses to help us to trust God and to relief our anxiety (Isaiah 41:10, Phil. 4:6-7, Psalms 55:22, I Peter 5:7, Matt. 11:28, Isaiah 49).

2. **What action will you take when you feel like God is not helping?**

You might feel God is not helping when prayers have not been answered. The typical thing one does is to start dealing with the situation in his/her own way because the "I can't wait" attitude. The caution is that you need to align your way with God's way. The worst thing is your planned action does not match God's way or actually sin. God let things happen to us because He might use it to train us

through the trial such as training for patience, faith, confidence, prayer life, etc.

At a time in David's life, he was chased by King Saul and was afraid that Saul would eventually capture him. In one of his runaways, David made his own decision to work with the Philistines in order to avoid Saul continue to pursue him (I Sam. 27). It turned out to be a very bad idea because he was being pressed into work with the King of Gath (God's enemy). The worst is that he murdered many people (the people in the land he conquered). He killed all the people in order to lie about it without survivor that can tell the truth. He lied to the Philistine leader in order to take credit that he killed his own people because he knows the Philistine would like to hear that. He murdered and covered a lie. This is not God's will. This is sin. We need to avoid go into action due to fear and anxiety, and do the wrong thing.

3. **The right response is to trust God and turn your anxiety to peace**

In this Psalms, David did the right thing at the end (Psalms 13:5-6). He hanged onto God's promises. He knew God loves him. He turned his anxiety into joy and appreciation. In verse 6, he recalled how God's grace has sustained him in the past. It is important that we remember how God has helped us in the past to give us the faith and encouragement to continue face the life challenges or God's given trial.

God knows what we are going through in our difficulties. However, God has a plan for us that we will be better for us at the end. The following illustration that I heard somewhat shows the point. It was about a dog owner whose dog needed to have a very painful procedure to survive. The operation went on. While the dog was crying out in pain, the owner wished that he could tell the dog that it would be OK, but the dog wouldn't understand. The owner wept. I think God would be heart breaking for us during our training because we couldn't understand how it could be all good while He is guiding us through the suffering.