

Date: August 30, 2026

Title: Walking by Faith Through the Darkest Valleys of Life

Passage: Psalm 13

Speaker: Dr. Emanuel Tundrea

Summary:

I. Three Questions (v. 1-2)

II. Two Insights: Battle is in our mind but will be won in through our knees in prayer (v. 3-4)

III. Two Responses: Commit to God, Walk faithfully (v. 5-6)

Key Truths:

- The battle of discouragement is through our minds but it is won through our knees through prayer.
- When we are suffering, God personally engages with us through prayer and His Word.
- Not knowing what the purpose of a trial is not the same as not knowing that there is a purpose. Nothing happens apart from God's sovereign purposes. Speak God's Word to your souls. Be reminded of Biblical truths.
- Suffering and pain is real. But don't waste the pain. Don't miss the opportunity to praise God in the storm. No matter how bad it gets: Glory is coming.
- Commit to trust God through the process. Stay faithful. Honor God as you trust Him. You know the ways of God that we rely upon. Give glory to God.

Possible Discussion Questions:

- What point(s) in the sermon did the Lord most impress upon you?
- What's a takeaway from the sermon you can apply to your life?
- What next steps will you take in response to the truths you have heard or seen?

Passage:

Psalm 13

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

Consider and answer me, O LORD my God; light up my eyes, lest I sleep the sleep of death, lest my enemy say, "I have prevailed over him," lest my foes rejoice because I am shaken. But I have trusted in your steadfast love; my heart shall rejoice in your salvation. I will sing to the LORD, because he has dealt bountifully with me.

EXPOSITION

Introduction

Psalms capture a wide spectrum of emotions.

- Psalms of praise as well as of lament (written during times of trial/pain).
- Psalm 13
 - A psalm of lament.
 - Written by David.
 - Unclear as to which season of trial this particular psalm was written.

Overview.

I. Three Questions

II. Two Insights

III. Two Responses

I. THREE QUESTIONS. (v.1-2)

Psalms 13:1-2

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

Common to ask questions during time of trial:

- Why?
- Where?
- When?

WHEN?

Question: How many times have you voiced this question of "how long"?

- Greatest danger of fainting in faith are during times of sharpest of pain.
- Times of trial and dryness are not uncommon.
 - See example of Jeremiah.
 - See example of Job.
- "How long..." is a common prayer during trial.

WHERE?

"How long will you hide your face from me?"

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- David experienced times when he felt abandoned by people.
- When we feel God is far from us, first check whether the issue is with us?
 - Is there a sin or issue that has removed us from the will of God?

- But note: our feelings can be inaccurate guides to gauge reality.
 - We feel we are "close" to God but in reality we were afar?
 - See examples of Samson or Saul.
 - Likewise, we may feel we are "far" from God but in reality He is always with us.

Psalms 139:7-10

Where shall I go from your Spirit? Or where shall I flee from your presence? If I ascend to heaven, you are there! If I make my bed in Sheol, you are there! If I take the wings of the morning and dwell in the uttermost parts of the sea, even there your hand shall lead me, and your right hand shall hold me.

- Psalm 13 reminds us we can be honest before God.

WHY?

"How long must I take counsel in my soul and have sorrow in my heart all the day?"

- Meaning = Why do you allow my heart to know sorrow so much?

II. TWO INSIGHTS (v. 3-4)

Psalms 13:3-4

Consider and answer me, O LORD my God; light up my eyes, lest I sleep the sleep of death, lest my enemy say, "I have prevailed over him," lest my foes rejoice because I am shaken.

- The battle of discouragement is through our minds but it is won through our knees through prayer.

Prayer is the main battlefield.

"Consider and answer me, O LORD my God"

- In trial, the first temptation is to first look for a solution or look for people who can help solve it.
 - See a person of self-sufficiency? See absence of prayer.
- In prayer, we confess our dependence upon God.
 - God may not change the trial.
 - But God will change us in the middle of our situation.
 - Placing our burdens on God's shoulders lifts us up.

"O LORD my God; light up my eyes,"

- Help me to see things as You see them.

Ephesians 1:18 (Paul's prayer)

having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints,

- Our greatest challenge in trial is to see the "shore" while swimming in trial.
- God's Word keeps our eyes on God.

Psalms 19:7-8

The law of the LORD is perfect, reviving the soul; the testimony of the LORD is sure, making wise the simple; the precepts of the LORD are right, rejoicing the heart; the commandment of the LORD is pure, enlightening the eyes;

- Not knowing what the purpose of a trial is not the same as not knowing that there is a purpose.
 - God's Word is clear that nothing happens apart from God's sovereign purposes.
 - Speak God's Word to our souls.

Psalms 42:11

Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.

- When we are suffering, God personally engages with us through prayer and His Word.
- You may feel God is distant, God's promises are sure.

Hebrews 13:5b

for he has said, "I will never leave you nor forsake you."

Matthew 28:20b

And behold, I am with you always, to the end of the age."

III. Two Responses (v. 5-6)

Psalms 13:5-6

But I have trusted in your steadfast love; my heart shall rejoice in your salvation. I will sing to the LORD, because he has dealt bountifully with me.

- How did David end with praise?
 - His perspective changed.
 - I trust you, Lord, because I can trust in your character.

Commit to trust God through the process.

- Naturally, we like the product but not the process.

Romans 5:3-4

Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope,

- We want character and hope, but we must trust the process to get there.
 - We must declare our faith in God by trusting God in the journey.

Walk by faith

Hebrews 11:1

Now faith is the assurance of things hoped for, the conviction of things not seen.

- Walking by faith helps us depend on God and know the depths of His love as we understand God's sovereignty and providence in our lives.
- Not knowing the future and living your life in trust with God is a beautiful gift.

"my heart shall rejoice in your salvation. I will sing to the LORD, because he has dealt bountifully with me"

2 Corinthians 12:8-10

Three times I pleaded with the Lord about this, that it should leave me. But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.

- Through trials we learn how to fully trust God and depend upon Him.
- There will be a time that God will answer all your questions.
 - In the meantime, don't be upset at God for not answering your prayers right now. Don't let bitterness creep in your heart.
 - God is providentially preparing and providing for you now. Trust in God's character and His goodness.
 - Are you able to have faith right now without having all the answers that you trust in God?
- Prayer for consideration:
 - Pray that God would put you in places where you don't rely on yourself but on God?

Suffering and pain is real.

- But don't waste the pain. Don't miss the opportunity to praise God in the storm.

- No matter how bad it gets: Glory is coming.
- Stay faithful. Honor God as you trust Him. You know the ways of God that we rely upon. Give glory to God.
 - "I don't know the way, but I will still follow You, O Lord."