

THE PRAYER OF TRUST

Praying for Inner Peace - Part 4

Psalm 13 (NIV)

CrossWord Christian Church

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Trust in Him at all times, you people; pour out your hearts to Him, for God is our refuge. ~ Psalm 62:8 (NIV)

WHEN LIFE IS OVERWHELMING I SHOULD:

I. REVEAL WHAT I FEEL

❖ Lament = a passionate expression of grief or sorrow

DAVID'S EXPRESSION:	EMOTION:
<i>How long, Lord? Will you forget me forever? (vs.1)</i>	Abandonment
<i>How long will you hide your face from me? (vs.1)</i>	Rejection
<i>How long must I wrestle with my thoughts... (vs.2)</i>	Anxiety
<i>... and day after day have sorrow in my heart? (vs.2)</i>	Depression
<i>How long will my enemy triumph over me? (vs.2)</i>	Fear
<i>Give light to my eyes, or I will sleep in death... (vs.3)</i>	Helplessness
<i>... my enemy will say, "I have overcome him," and my foes will rejoice when I fall. (vs.4)</i>	Shame

II. RENEW MY COMMITMENT

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

You keep him in perfect peace whose mind is stayed on you, because he TRUSTS in you. Isaiah 26:3 (ESV)

TRUST in the LORD with all your heart. Never rely on what you think you know. Proverbs 3:5 (GNT)

III. REMIND MYSELF OF GOD'S GOODNESS

I will sing the Lord's praise, for He has been good to me. (vs. 6)

Only be careful, and watch yourselves closely so that you do not forget the things your eyes have seen or let them fade from your heart as long as you live.

Deuteronomy 4:9 (NIV)

Yet this I call to mind and therefore I have hope: Because of the Lord's great love we are not consumed, for His compassions never fail. They are new every morning; great is your faithfulness. I say to myself, "The Lord is my portion; therefore I will wait for Him."

Lamentations 3:21-24 (NIV)

"Whether prayer changes our situation or not, one thing is certain: PRAYER WILL CHANGE US!" ~ Billy Graham