



8/3/26

I loved the message on storming the throne with our laments on Sunday. As Pastor Sam said, this is one of the most neglected types of prayer we bring to the Lord. But as we're spending time focusing on the gospel, I see that Jesus Himself understood lament. That was what He did in the Garden of Gethsemane. He cried out to His Father in sorrow with tears like drops of blood. He poured out His soul to the Father, and He turned to the Father in humble obedience. He took the ultimate sorrow on Himself so that our sorrow would be only temporary. That is a huge reason to rehearse the gospel to ourselves continually... not just saying we should be strong because our suffering is temporary... but following Jesus' example in crying out to our Lord. Truly, Jesus knew that His suffering, though more excruciating than any other human would ever experience, was temporary as well... and yet that didn't stop Him from crying out to His Dad. Amen!

*Blessings,
Jonna*

Now I turn to the Lord with Psalm 13. I will put my own hurts in writing, and turn to Him for comfort. I know He will be there for me. He has to. He can't break His promises.

Vs. 1 ~ "How long, O Lord? Will You forget me forever? How long will You hide Your face from me?"

Lord, it seems like this situation is never going to end. It feels like You've put me here and then walked away. It feels like You have forgotten me. You've forgotten Your compassion. You've chosen to let me stay in this suffering with no end in sight. All I can say is, "How long?" Is there any plan for relief???

Vs. 2 ~ "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?"

At what point do I get to stop counseling my own soul? At what point can I wake up and not be

hit with the circumstances all over again? When will the enemy of my soul have to stop laughing over watching me suffer? When will he be stopped from using these circumstances to taunt me and remind me just how incapable I am to handle anything? In my mind I know the enemy has no power over me, but my feelings scream that he does. When will my feelings get in line with what I know to be true from Your word?

O Lord, I KNOW I can't counsel myself, though I try. I know I have no words of comfort unless they come from Your word. Sometimes it's hard to come to You because I know in Your sovereign control, You are allowing this to happen. So how can I ask You for comfort when You're also allowing this need for comfort?

Vs. 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."

Please answer me, Father. I can't see You yet. I can't hear Your voice yet. Not until heaven. But please, in the still small voice of the Spirit's gentle wind, please consider my struggle. Please hear my cries.

I'm so tired. Please light up my eyes. Please awaken my soul. Please help me. I don't want to die in this sorrow. I don't want the enemy to think he's prevailed over me. Lord, the enemy can see that I'm shaken. He whispers lies into my mind to make me think that You don't care, that You're annoyed with me for struggling. Please don't let him win this battle.

If I'm being honest. The enemy without is not my only enemy. My own flesh is my enemy as well. My own flesh screams accusations at me for being weak. It screams accusations at You for not caring. It tells me that You're screaming accusations at me for my imperfection. How can I hear the whisper of Your still sweet Spirit over all that screaming??? Please consider and answer with Your strength so that I won't be shaken.

Vs. 5 ~ But I have trusted in your steadfast love; my heart shall rejoice in your salvation."

Yes, Lord, I HAVE trusted in Your steadfast love. I've seen Your faithfulness in the past. I've never seen You abandon me, even though I was afraid You would. But You never have. Your word says that I can cast my anxieties on You because You care for me. It says You will never allow Your righteous ones to be shaken. And I know I can call myself righteous only because of the free gift of righteousness that Jesus has given me. Your word says that nothing can separate me from Your loving devotion.

O Father, instead of defining You by my circumstances, please help me to view my circumstances through the lens of Your love. If You are who You say You are, then I can trust that You will work even the hardest situation together for my good.

I read a question I need to ask myself from Jerry Bridges' book, The Blessing of Humility,

"Which would you rather I (God) do: remove this difficult circumstance, or use it to conform you more to the image of My Son?" Father, my flesh says, "REMOVE IT!" But my spirit says, "Let it conform me to be like Jesus." To remove the circumstance in order to find peace will not teach me how to handle the next circumstance that comes along. To make me like Jesus is to instill in me peace and joy that can't be shaken by my circumstances. As I let You change me, I experience more and more of Your steadfast love that already belongs to me.

I can celebrate the salvation You've given me and remember that this suffering is only temporary... and in light of eternity, it's light and momentary suffering. You also promise me that none of my suffering is wasted, and "it's preparing for me an eternal weight of glory beyond all comparison." O Holy Father, please help me to view all the struggle through that lens. I'm not alone. You PROMISE me You won't leave me alone.

Vs. 6 ~ "I will sing to the Lord, because he has dealt bountifully with me."

Whether it songs of surrender or songs of praise, my song WILL be for You. There's never a time in my past that You haven't been there for me. You literally reward me simply for trusting You. You are not surprised by my desperation for You, and You do not resent my desperation for You. So I will sing to You. And tomorrow morning, if I wake up and the waves of sorrow hit me again, I will cry out to You again and again and again and again. And You will never permit me to be moved from Your ever present help. Let my love for you only grow sweeter as I learn to depend on You in any and every circumstance. Amen.