

Who Taught You To Cry?

August 2, 2026

- ¹ *How long, Lord? Will you forget me forever?
How long will you hide your face from me?*
- ² *How long must I wrestle with my thoughts
and day after day have sorrow in my heart?
How long will my enemy triumph over me?*
- ³ *Look on me and answer, Lord my God.
Give light to my eyes, or I will sleep in death,*
- ⁴ *and my enemy will say, "I have overcome him,"
and my foes will rejoice when I fall.*
- ⁵ *But I trust in your unfailing love;
my heart rejoices in your salvation.*
- ⁶ *I will sing the Lord's praise,
for he has been good to me.*

Psalm 13

Choosing to trust

- ¹ *How long, Lord? Will you forget me forever?
How long will you hide your face from me?*
- ² *How long must I wrestle with my thoughts
and day after day have sorrow in my heart?
How long will my enemy triumph over me?*

Psalm 13:1-2

- ³ *Look on me and answer, Lord my God.
Give light to my eyes, or I will sleep in death,*

Psalm 13:3

The heart of the wise is in the house of mourning.

Ecclesiastes 7:4

But God...

But *I trust in your unfailing love;
my heart rejoices in your salvation.*

Psalm 13:5

¹² *I am forgotten as though I were dead;
I have become like broken pottery.*

¹⁴ **But** *I trust in you, Lord;
I say, "You are my God."*

Psalm 34:12; 14

¹⁰ For my enemies have spoken against me;
And those who watch for my life have consulted together,

¹¹ Saying, "God has abandoned him;
Pursue and seize him, for there is no one to save *him*."

¹⁴ **But** *as for me, I will wait continually,
And will praise You yet more and more.*

Psalm 71:10-11; 14 NASB

¹⁴ *Arrogant foes are attacking me, O God;
ruthless people are trying to kill me—
they have no regard for you.*

¹⁵ **But** *you, Lord, are a compassionate and gracious God,
slow to anger, abounding in love and faithfulness.*

Psalm 86:14-15

Three Affirmations of Trust

⁵ *But I trust in your unfailing love;
my heart rejoices in your salvation.*

⁶ *I will sing the Lord's praise,
for he has been good to me.*

Psalm 13:5-6 NCV

1. God, I will trust in your never-ending love.

Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword?

Romans 8:35

2. God, I will have joy in my salvation.

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Romans 8:28

What, then, shall we say in response to these things? If God is for us, who can be against us?

Romans 8:31

³⁷ *No, in all these things we are more than conquerors through him who loved us.* ³⁸ *For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers,* ³⁹ *neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.*

Romans 8:37-39

3. God, I will praise you for your goodness.

*I will sing the Lord's praise,
for he has been good to me.*

Psalm 13:6

² *"I know that you can do all things;
no purpose of yours can be thwarted.*

⁵ *My ears had heard of you
but now my eyes have seen you.*

Job 42:2; 5

⁸ *You have taken account of my miseries;
Put my tears in Your bottle.
Are they not in Your book?*

⁹ *Then my enemies will turn back on the day when I call;
This I know, that God is for me.*

¹⁰ *In God, whose word I praise,
In the Lord, whose word I praise,*

¹¹ *In God I have put my trust, I shall not be afraid.
What can mankind do to me?*

Psalm 56:8-11 NASB

"My God, my God, why have you forsaken me?"

Psalm 22:1

*"I have told you these things, so that in me you may have peace. In
this world you will have trouble. But take heart! I have overcome the
world."*

John 16:33