






- Are we there yet?
 - Parents hate hearing this after driving hundreds of miles. (never asked just once)
 - Sometimes say it to themselves ... how much longer? how many more miles?
 - GPS helps ... and hurts.
 - The excitement at the beginning (we're going to see grandma and grandpa today!)
 - Is easily forgotten when it takes ... forever to get there.
- How do we cope when we are struggling to endure; when we feel trapped.



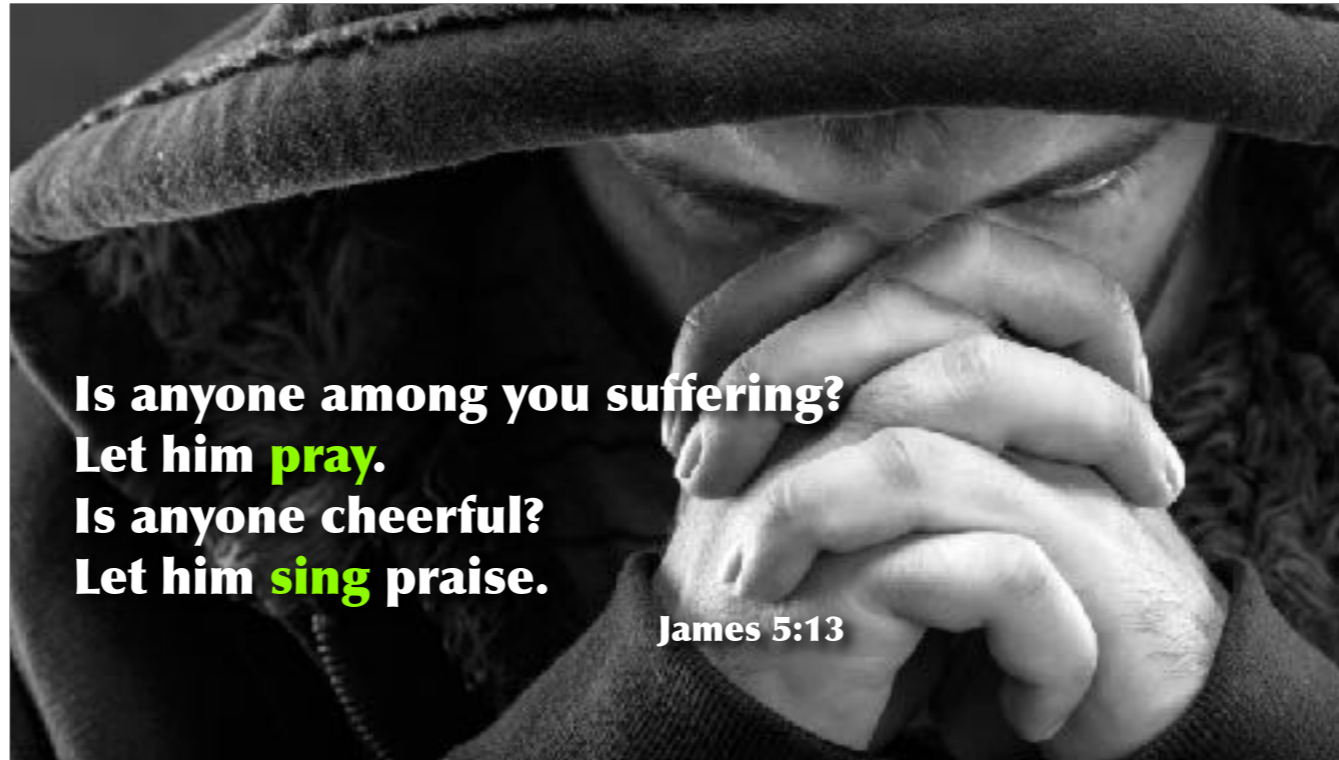
How long, O Jehovah?
Will you forget me forever?
How long will you hide your face from me?
How long must I take counsel in my soul and have sorrow in my heart all the day?
How long shall my enemy be exalted over me?

Psalms 13:1-2

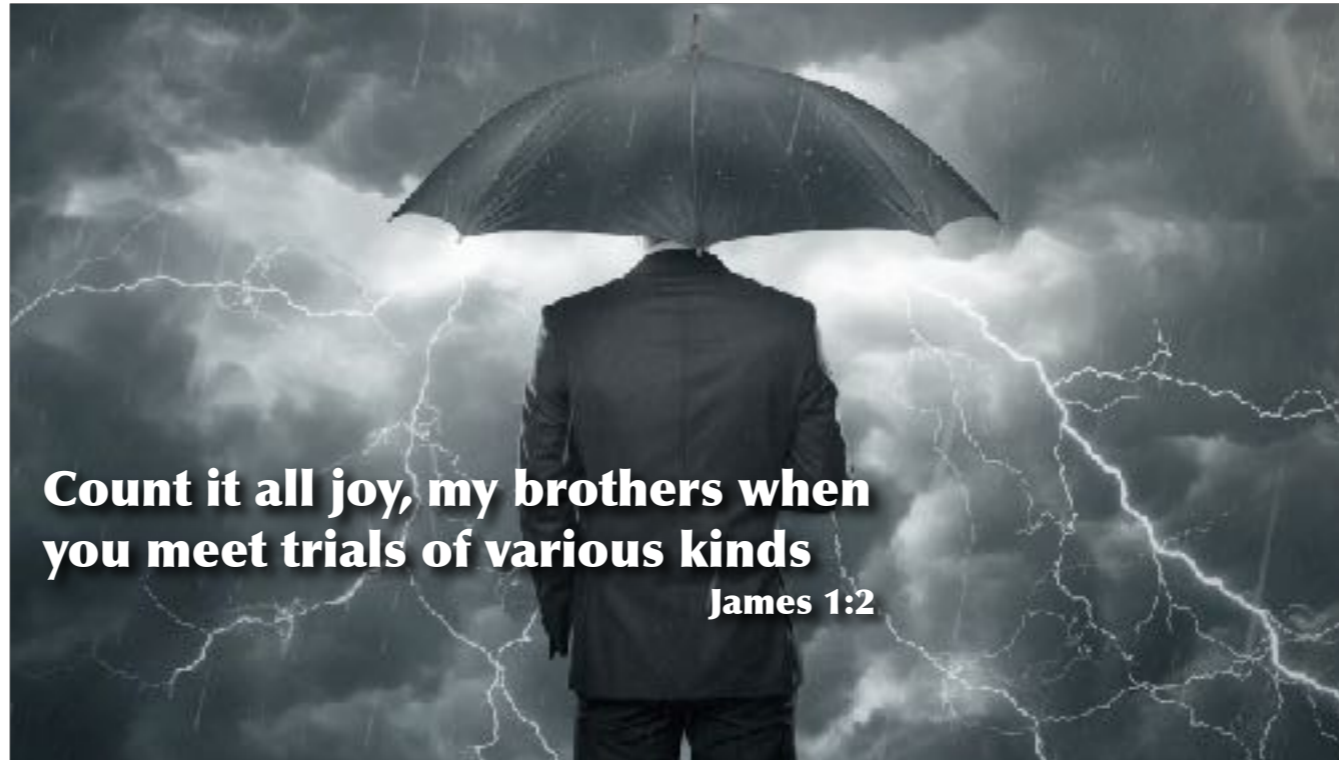
- How long?
 - Psalms ask this of God 17X
 - Psalms 13:1-2 (ESV) 1 How long, O Jehovah? Will you forget me forever? How long will you hide your face from me? 2 How long must I take counsel in my soul and have sorrow in my heart all the day? How long shall my enemy be exalted over me?
- Forgotten
- Ignored
- Sorrow
- Enemies



- Psalms 137:1 (ESV) 1 By the waters of Babylon, there we sat down and wept, when we remembered Zion.
- Psalms 137:4 (ESV) 4 How shall we sing the Lord's song in a foreign land?

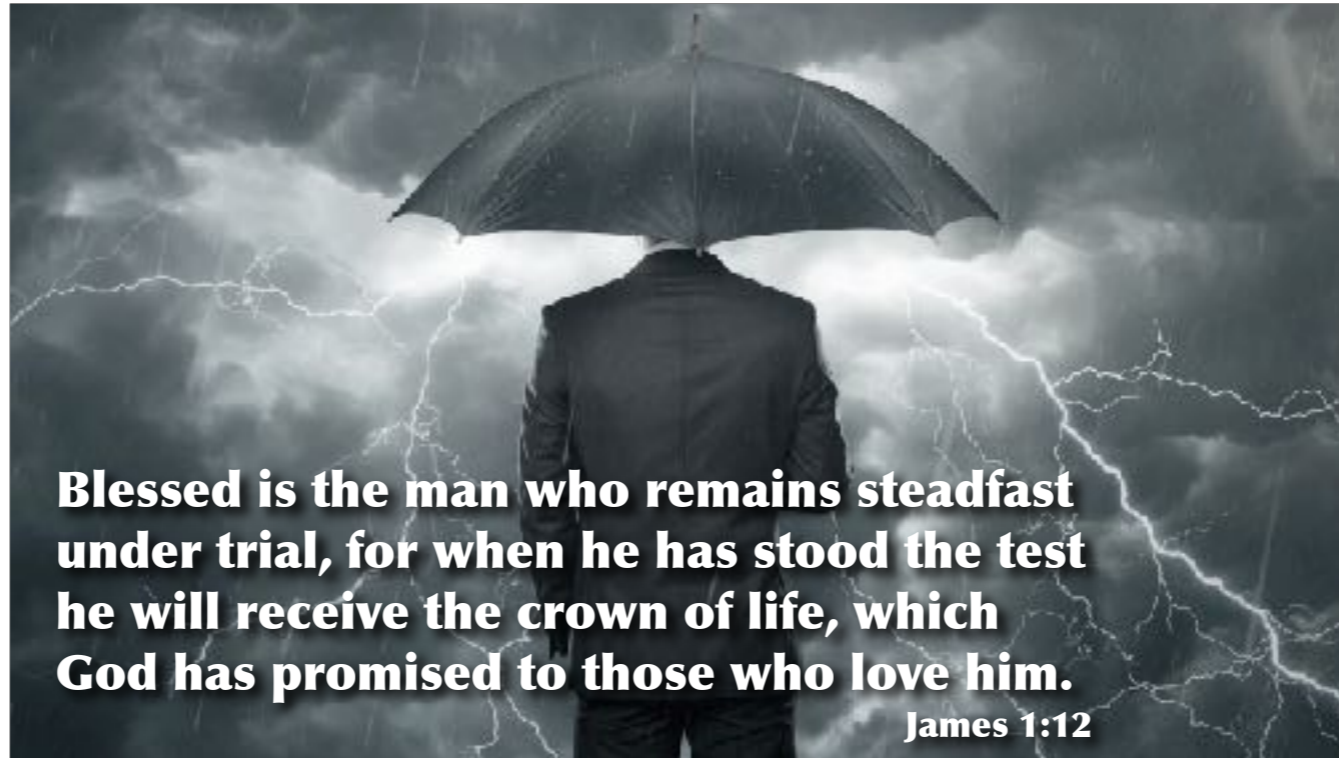


- James 5:13 Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise.
 - Often think of these as two different times and events. Consider them opposing situations and emotions.
 - Acts 16:25, NAS95 “25 But about midnight Paul and Silas were **praying and singing** hymns of praise to God, and the prisoners were listening to them;”
 - Were they singing Ps. 13? How Long?
 - Something similar.
 - 1/3 of psalms are laments!
 - They still praise God.



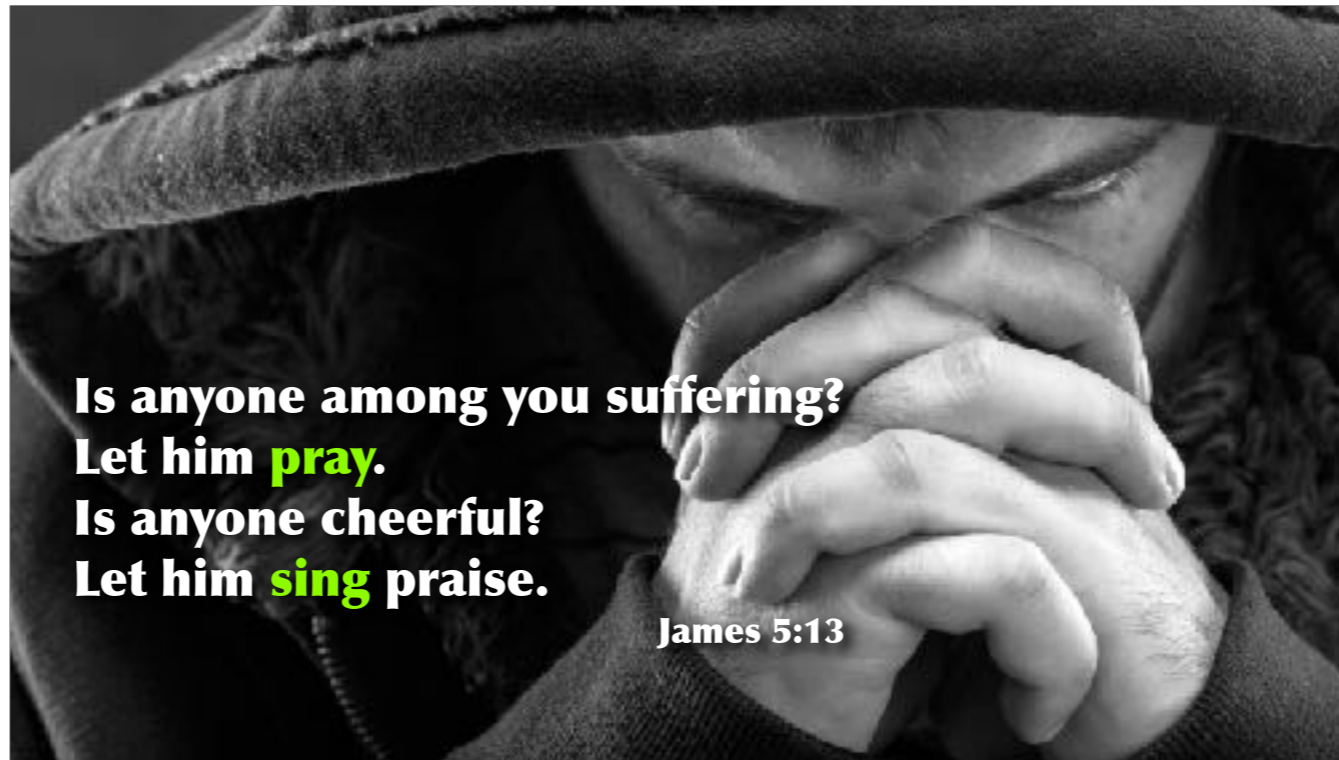
- Brethren facing trials

- James 1:2-5 (ESV) 2 Count it all joy, my brothers, when you meet trials of various kinds, 3 for you know that the testing of your faith produces steadfastness. 4 And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing. 5 If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.



- Steadfast —> Crown

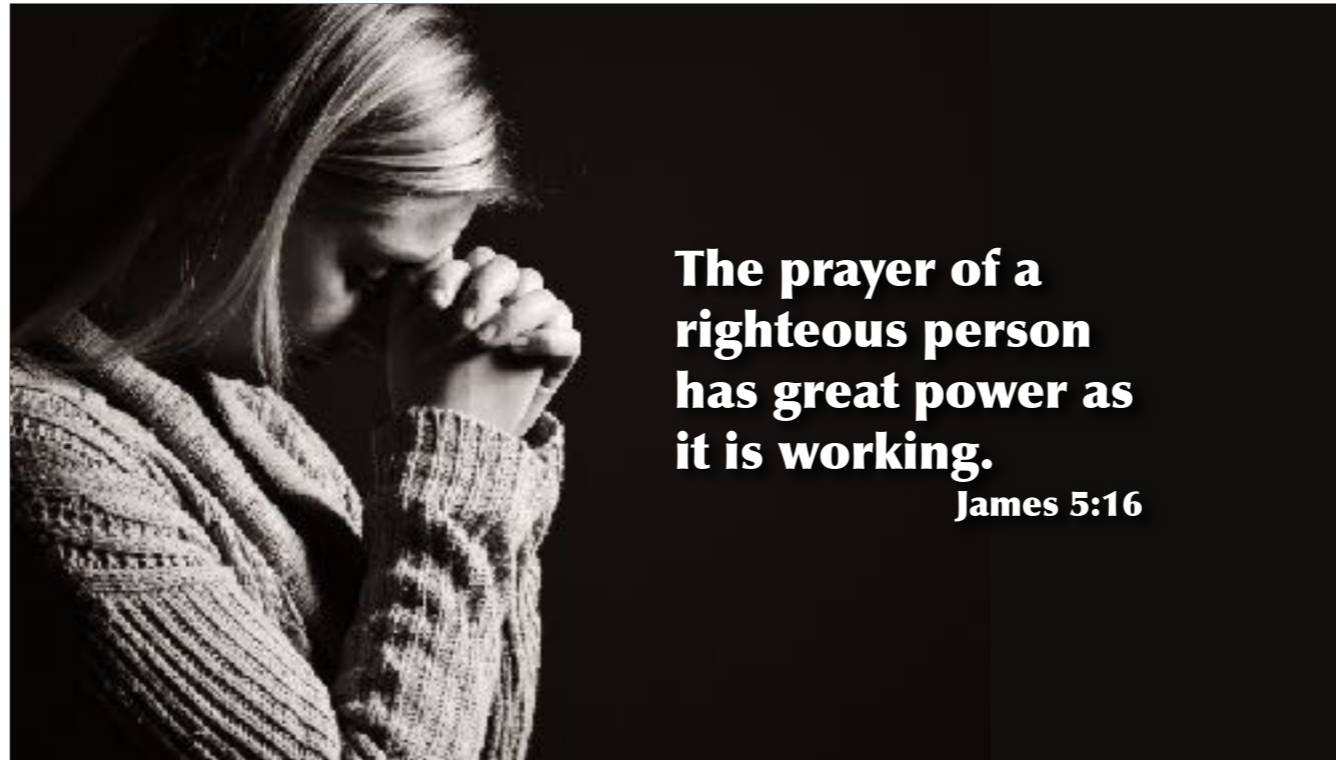
- James 1:12 (ESV) 12 Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love him.



**Is anyone among you suffering?
Let him **pray**.
Is anyone cheerful?
Let him **sing** praise.**

James 5:13

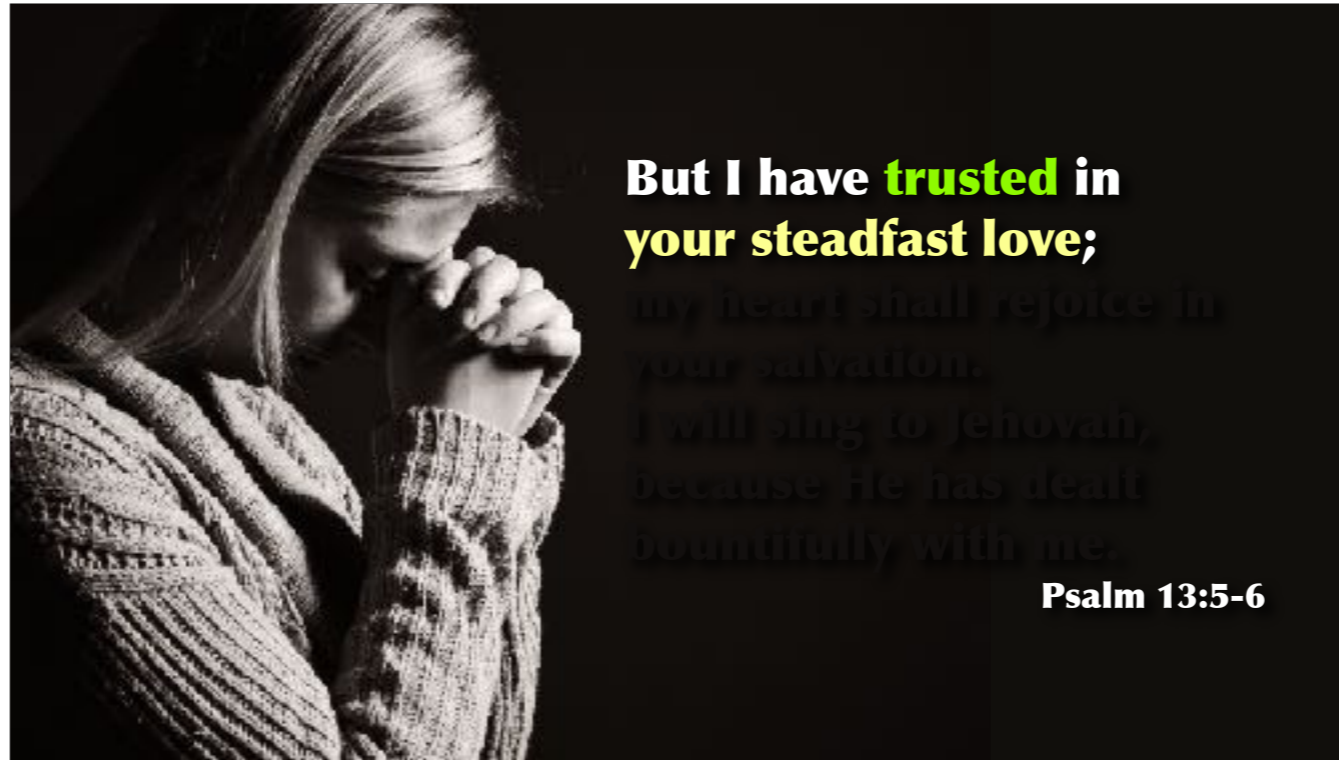
- RWP: let him keep on praying, keep on singing
- Praying and Singing are given to us by God to help us at all times of our lives
- This includes our most difficult moments: “suffering”
 - very broad: sickness, bereavement, disappointment, persecutions
 - How do I endure the unendurable?
 - How do I persevere when it never ends?
 - How long, God?
 - Where is God?
 - Why isn't God acting, helping, saving?



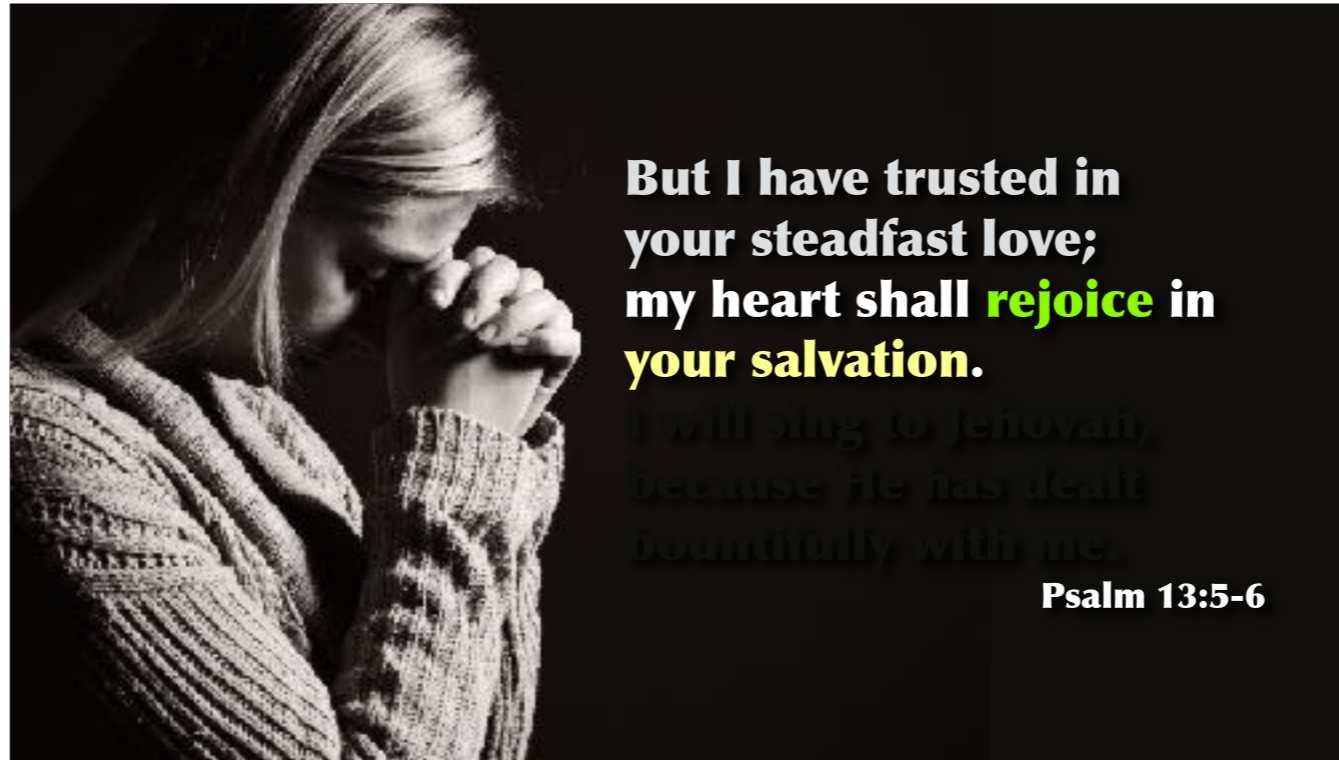
**The prayer of a
righteous person
has great power as
it is working.**

James 5:16

- Why should I pray?
 - James 5:16 The prayer of a righteous person has great power as it is working.
 - Elijah and rain.
 - Elijah alone ... keep on praying!
- Why should I sing?
 - Cheerful
 - suggests a state of mind free from trouble -- the opposite of affliction -- happy!
 - Even in the midst of physical suffering, it is possible for Christians to be cheerful!
 - Praise
 - Strangely, when things are going well we sometimes forget to think of our God.
 - Keep on singing.



- Psalms 13:5-6 (ESV) 5 But I have trusted in your steadfast love; my heart shall rejoice in your salvation. 6 I will sing to the Lord, because he has dealt bountifully with me.
 - Trust - Your steadfast love



**But I have trusted in
your steadfast love;
my heart shall rejoice in
your salvation.**

*I will sing to Jehovah,
because he has dealt
mercifully with me.*

Psalm 13:5-6

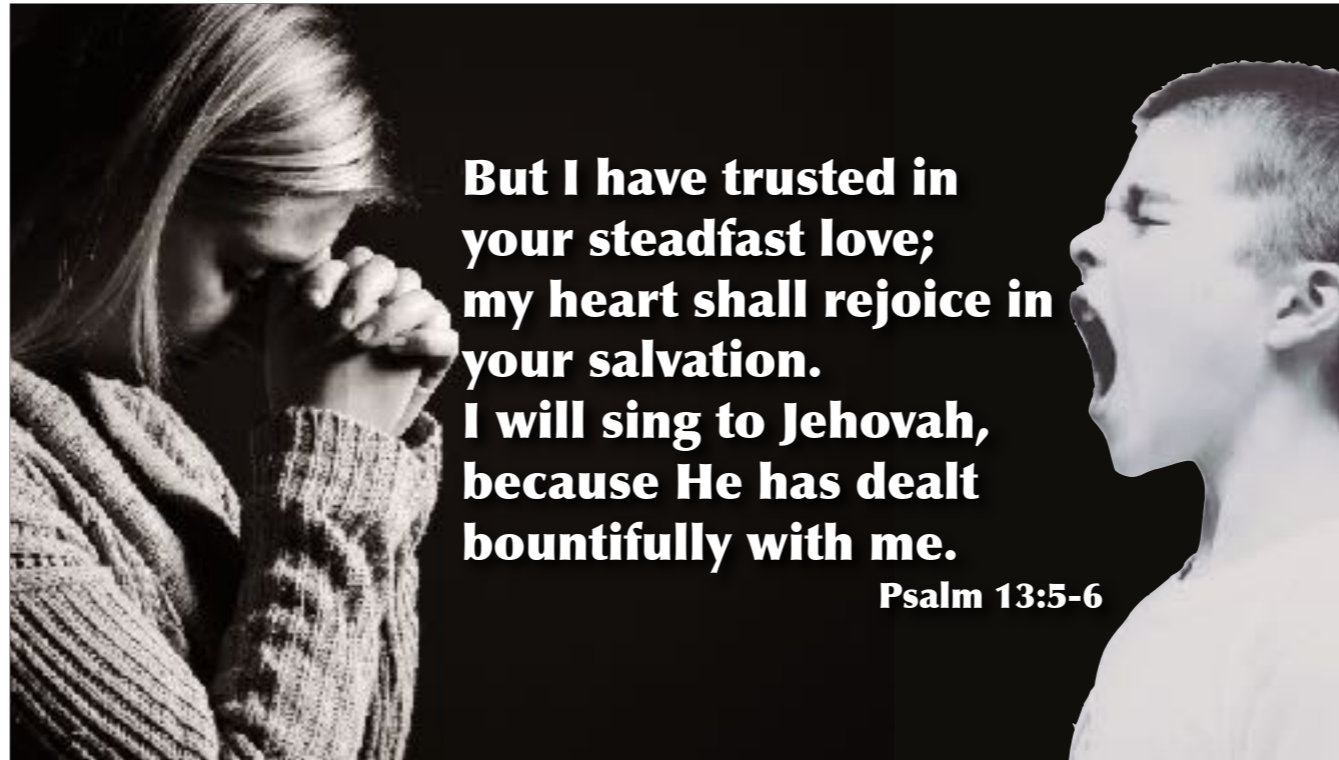
- Rejoice - Your salvation

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

Psalm 13:5-6



- Sing - He Dealt bountifully with me.



- David teaches us to refocus beyond the moments of enduring suffering.
 - Thinking of God's goodness and promises and faithfulness
 - Realign my responses:
 - Forgotten, Ignored, Sorrow, Enemies
 - Trust, rejoice, and sing: God!



- How are you doing in your prayer life?
- Are you singing? (not just at church)
- Are you letting life (joys or sorrows) distract you from living by faith?
- Maintain your relationships with God
 - Seek his help in need
 - Sing his praises in joy
- As disciples of Jesus, our response to trials must differ from the world.
 - Don't complain or grumble: pray
- Ask God tough questions, wait for Him in trust.
- Praise God in songs.

**We implore you on
behalf of Christ,
be reconciled to God.**

2 Corinthians 5:20

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Miscellaneous

#04

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Pray! Sing!

James 5:13

Synopsis: James reminds us of the importance of praying and singing in our joys and sorrows. David, in Psalm 13 reminds us to refocus on God and his goodness to us.

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“Let all that you do be done with love.”