

How Long, O Lord?

“How long, O Lord? Will you forget me forever? How long will you hide your face from me? How long must I wrestle with my thoughts and every day have sorrow in my heart? How long will my enemy triumph over me? Look on me and answer, O LORD my God. Give light to my eyes, or I will sleep in death; my enemy will say, “I have overcome him,” and my foes will rejoice when I fall. But I trust in your unfailing love; my heart rejoices in your salvation. I will sing to the LORD, for He has been good to me.” (Psalm 13: 1-6)

David who wrote the above psalm he expressed his pain and complained to God in a cry, *‘How long, O Lord.’* He was frustrated after long waiting. He was weary therefore he cried to God with a deep longing for an answer, and that cry brought hope back in his heart and restore his trust in God. Prayer is not only the proper reaction of the godly to trouble to get an answer from God, it is also a good and effective medicine against depression that appear in our lives as result of troubles.

Don’t be in despair, start to pray for your personal problem, and continue to pray for the on going corruption and the injustice in the society around you. Don’t let the things that goes wrong around you causes you discouragement and put you down. Cry to the Lord and tell Him:

1) *How long, O Lord, will you forget me:* It is good to describe to God your feelings of being forsaken by Him. It is good to be frank with God. We are His children and when we express our despair to Him we regain hope and trust in Him and in His great power that can bring great changes.

2) *How long, O Lord will you hide your face from me:* Describe to Him your hopelessness that you cannot get through to Him as if he is hiding himself from you?

3) *How long must I wrestle with my thoughts:* Describe to God your inner thoughts and what is going on in your mind. When God is silent different thoughts might come to you and you don’t know what to do and which direction you are going to take. Describe to the Lord the sorrow and the grief in your heart due to that.

4) *How long will my enemy triumph over me:* To be subject to your enemy is not an unconnected sequence to the above. Because to be out of touch with God during trials this will bring you to the point of breakdown and leaves you at the mercy of your enemy.

And that is why you need to pray, to overcome your pain and your real need. In facing such conditions in our lives we need a relief that we find as we come to God in prayers. In conditions of long-term pain, unsolved problem and unfavorable conditions that seems permanent, prayer can bring again joy and satisfaction in our lives. Therefore pray and present your appeal to God; He has a great plan and concern for you.

God had sent His Son, The Lord Jesus Christ to save us from sin and death and to give us eternal life, *“For God so loved the world that He gave His One and only Son, that whoever believes in Him shall not perish but have eternal life. For God did not send His Son into the world to condemn the world, but to save the world through Him.” (John 3:16-17)* As you believe in Jesus and follow His word and take His steps in your life, God will reveal His good plan for you. Don’t be discouraged, but continue to pray and present your appeal and ask Him the followings:-

A) Ask God a consideration: *‘Look on me, O Lord my God.’* Describe to Him all your misery, all the aspects and the details of your problem; it is so helpful to put it out from your heart. Once you pour out what is inside you and appeal to God for consideration there will be a relief.

B) Ask God an answer: David ask God, *‘Answer, O Lord my God.’* On the bases of our personal relationship with God we can ask Him for an answer; that the problem that you have inside of you would be solved in somehow way. But as long as there is no outcome and it is not yet solved appeal to God for an answer. Even it might not be favorable for you but at least it might be the end of certain struggle and you are ushered to have a new start.

C) Ask God a favour: David intense inner grief and pain was this: He might die and not comforted by any favour from God. Therefore he cried to God, *“Look on me and answer, O LORD my God. Give light to my eyes, or I will sleep in death.”* Appeal for a favour from God. His promise is to give us a favour, therefore request Him that.

D) Ask God that your enemy will not overcome you: David said to God, *“My enemy will say, “I have overcome him,” and my foes will rejoice when I fall.”* Appeal to God that your enemy who are the enemy of God will not rejoice over you because you fall. Ask God not to allow you to fall so that your enemy will not rejoice over you. Claim this promise, *“Anyone who trusts in Him will never be put to shame.” (Romans 10: 11)*

As you continue to pray and present your appeal to God your faith will revive and that will bring you assurance and satisfaction. Therefore you will have a shout of victory and you will say as David said, *“But I trust in your unfailing love; my heart rejoices in your salvation.”* Truly God’s Love never fails. His love is a steadfast love. He show that in His power of intervention and in His abounding goodness to a man who had been restless.

My dear and beloved: Can you follow His Word and His teaching? It will be good for you to sit with God and to cry to Him. Present to Him your appeal and reap from Him faith, assurance, confidence and victory as you shout with joy, *“I will sing to the LORD, for He has been good to me.”*

My prayer: *Truly Lord, you had been good to me. Thank you Lord for your Son Jesus Christ who died for me on the cross to give me eternal life. Thank you Lord for your word that had revealed to me new thoughts. Remind me Lord always to pray and to be always in your presence in whatever circumstances. Thank you Lord, this is my prayer in Jesus name, Amen.*