

August 17, 2025

Sermon: You're Not a Victim (Psalms 13:1-6)

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S.O.A.P. Devotional Outline

S – Scripture

Psalm 13:1–6 (CSB) - How long, LORD? Will you forget me forever? How long will you hide your face from me. 2) How long will I store up anxious concerns within me, agony in my mind every day? How long will my enemy dominate me? 3) Consider me and answer, LORD my God. Restore brightness to my eyes; otherwise, I will sleep in death. 4) My enemy will say, "I have triumphed over him," and my foes will rejoice because I am shaken. 5) But I have trusted in your faithful love; my heart will rejoice in your deliverance. 6) I will sing to the LORD because he has treated me generously.

Additional Scriptures for Reflection:

- **Romans 8:37** – “More than conquerors”
- **Isaiah 40:31** – “Renew their strength”

O – Observation

David begins with a cry of desperation, asking “How long?” four times. He feels forgotten and overwhelmed, yet he pivots to trust in God’s faithful love. His circumstances haven’t changed, but his perspective has. He chooses to rejoice and sing, declaring that God has treated him generously.

Reflective Questions:

- What emotions or thoughts do I relate to in David’s prayer?
- Have I ever felt like God was silent or distant? How did I respond?
- What does David’s shift from despair to praise teach me about faith?

A – Application

How can I apply this to my life today?

1. **Be honest with God. (*Honest Prayer is not weakness – it’s spiritual strength*)**
God welcomes your raw emotions. David didn’t hide his pain—he brought it to God.
 - **Reflective Question:** What am I holding back from God emotionally that I need to release in prayer?
2. **Don’t camp in victimhood. (*You’re Not Crazy, you’re Human*)**
Life happens to everyone. The difference is whether we stay stuck or move forward in faith.
 - **Reflective Question:** Am I identifying more with my pain than with God’s promises?
3. **Reframe your perspective. (*Ask God to renew your perspective before he changes your circumstances*)**
David asks for brightness in his eyes—a renewed vision.
 - **Reflective Question:** Where do I need God to restore clarity and hope in my thinking?
4. **Choose to Trust God’s Loyal Love. (*Faith is Not Denial – it’s defiance*)**
David declares, “But I have trusted your faithful love...”
 - **Reflective Question:** Today, how will you shift (pivot) from pain to praise?
5. **Celebrate God’s generosity. (*You are a recipient of divine generosity*)**
Even in hard times, David sees God’s treatment as generous.
 - **Reflective Question:** What are three ways God has treated me generously this week?

P – Prayer

“Lord, thank You that I am not a victim of my circumstances. Help me to trust in Your faithful love even when I feel forgotten or anxious. Restore brightness to my

eyes and renew my perspective. I choose to rejoice in Your deliverance and celebrate Your generosity. Amen."