



Clear Path Bible Studies Understand the Bible with clarity and confidence.

Your Lament — the four turns of Psalm 13

Honest prayer for a season of silence

Date

Psalm 13 is six verses long and moves through four turns. It is the Bible's own template for praying inside silence — short enough to learn tonight, honest enough to carry years.

1

The complaint

tell God the truth at full strength

"How long, Yahweh? Will you forget me forever? How long will you hide your face from me?"

Psalm 13:1

2

The plea

ask for what you actually want

"Behold, and answer me, Yahweh, my God."

Psalm 13:3

3

The trust

what you still know is true of Him.
Start with "But..."

"But I trust in your loving kindness."

Psalm 13:5

But

4

The resolve

what you will keep doing while you wait

"I will sing to Yahweh, because he has been good to me."

Psalm 13:6

Pray it out loud — the complaint included. God put the complaint in the book.

If you are in crisis, call or text **988** (Suicide & Crisis Lifeline), any hour.

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