

HOW LONG, O LORD?

By Pastor Greg Hooker

“How long, O LORD? Wilt thou forget me forever? How long wilt thou hide thy face from me? How long must I bear pain in my soul, and have sorrow in my heart all the day? How long shall my enemy be exalted over me?” (Psalm 13:1-2).

Do you ever find yourself asking God *“How long...?”*? Ever feel as though the Lord has had a memory lapse and forgotten you as you sink lower and lower into a tide-pool of desolation? You cry day and night, tears trickling down your face and staining your pillow, but it seems the Lord is silent and far away. Your soul screams out for refuge and your spirit aches for relief, but to no avail.

The Psalmist found himself in such a position. It was as though God had completely turned His back and was disregarding his plea for help. *“How long must I bear pain in my soul, and have sorrow in my heart...?”*

“...pain in my soul, and sorrow in my heart...” - Sound familiar? Do you ever feel as though you are falling down a bottomless well of misery and despair? Sadness becomes the norm and a sense of helplessness and grief engulfs you like a raging, consuming wildfire.

Depression is a terrible disease inflicting many. It touches people in all walks of life – rich, or poor; young, or old – it segregates no one. Sometimes it creeps upon you like an ominous black cloud. At times you feel like retreating into the shadows and hiding from society altogether.

If you are experiencing depression, seek help! In verse 5 of Psalms 13, the Psalmist placed his trust in the Lord and as a result, his heart rejoiced in the Lord’s salvation. There is hope! Don’t give up! Seek the help of a friend, your pastor, or family member. Visit your physician and the medical community – you may be experiencing depression controllable through medications.

The bottom line...There is hope! *“But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint”* (Isaiah 40:31). *“I will sing unto the LORD, because he hath dealt bountifully with me”* (Psalm 13:6).

Dear Lord, I feel for those who are going through bouts of depression. It seems as though sadness and gloom have set up camp in their lives and all forms of escape are closed off. Please give them strength to get help. Comfort their hearts and assist them to rise above their sadness and embrace the light of your glory. Put joy back into their lives; instill a song in their heart and a spring in their step.

In Jesus name, your son, Greg – Amen.