

## **Slumps**

n/a

### **Ready:**

LORD, how long will You continually forget me? How long will You hide Your face from me?  
— Psalm 13:1

### **Set**

Athletes hate slumps. They'll try anything to get out of those times when they can't hit the baseball or make a foul shot or catch a pass. Some players will change bats or shoes or their routine. They will do whatever it takes to get out of the slump. As Christians, a spiritual slump can make us feel like we've been forsaken by the Lord. Like athletes in a slump, we can struggle with doubts, fears, and frustrations. We can even feel like we're losing the battle.

David was struggling when he wrote Psalm 13:1–2. His spiritual slump came, as he saw it, from the Lord not responding immediately to his call for help. Psalm 13 teaches how David worked himself out of his slump. First, he appealed to the Lord (vv. 3–4) which is the real source of spiritual victory in difficult times. Second, he trusted God (v. 5), the only One who can guide the way out. Third, he praised the Lord (v. 6). His singing to God was with an attitude of thanksgiving that in God's time the slump would end.

Are you in a slump? Turn your focus on the Lord with your whole heart, trust Him, and praise Him. Then get back in the game!

### **Go**

1. Do you feel forsaken by the Lord?
2. Is there a specific area in your spiritual life that you need to work on? Like trusting God? Believing God's Word? Praising the Lord?

### **Workout**

Extra Reading: Psalm 13

### **Overtime**

Lord, I need help in the midst of this slump. I believe You are my source of victory. I trust You and praise Your Holy Name. Amen.

### **Bible Reference:**

Psalms 13



Fellowship of Christian Athletes © 2025  
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909  
Comments or Questions, [fca@fca.org](mailto:fca@fca.org)  
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

---

**Source URL:**<https://fcaresources.com/devotional/slumps>