



ESV **Psalm 142**

A Maskil of David, when he was in the cave. A Prayer. With my voice I cry out to the LORD; with my voice I plead for mercy to the LORD.

² I pour out my complaint before him; I tell my trouble before him.

³ When my spirit faints within me, you know my way! In the path where I walk they have hidden a trap for me.

⁴ Look to the right and see: there is none who takes notice of me; no refuge remains to me; no one cares for my soul.

⁵ I cry to you, O LORD; I say, "You are my refuge, my portion in the land of the living."

⁶ Attend to my cry, for I am brought very low! Deliver me from my persecutors, for they are too strong for me!

⁷ Bring me out of prison, that I may give thanks to your name! The righteous will surround me, for you will deal bountifully with me. (Ps. 142:1-7 ESV)

IT'S NOT FAIR

*ESV **Psalm 142:1** A Maskil of David, when he was in the cave. A Prayer.*

Notice where David is as he writes this. He's HIDING ... in a cave ... for his life. And why? Beciuse a jealous King can't control his rage and David has done nothing but serv this man

How do you think David is tempted to feel about God right now?

How do you think David is tempted to feel about his situation right now?

Take your troubles to God

With my voice **I cry out to the LORD**; with my voice **I plead for mercy to the LORD.** ² **I pour out my complaint before him; I tell my trouble before him.**

You see that David starts out right away acknowledging the right source of help. Describe how you think you should pray when you are in distress based on this verse?

I cant take any more

³ **When my spirit faints within me, you know my way!**

This is amazing! When im just about done ... no more in me ... GOD IS INTIMATELY involved. That word "know" is a very intimate and attentive word. It doesn't mean he is going to do what we want ... but it DOES mean that he is VERY aware and REALLY cares. What does that meant to you as you look at your circumstances?

Attacked and NO ONE cares

In the path where I walk they have **hidden a trap** for me. ⁴ Look to the right and see: there is **none who takes notice of me**; no refuge remains to me; **no one cares** for my soul.

Its easy to feel NO one cares about you. Perhaps at times it is even true that EVERYONE is against you ... but what is the response to this based on the verse before?

God is All I need

⁵ I cry to you, O LORD; I say, "You are **my refuge, my portion** in the land of the living."

GOD IS OUR REFUGE: Refuge can refer to protection from physical harm as well as falsehood. The one tranlation words it "HOPE". What does this mean to you in your troubles?

GOD IS YOUR PORTION: "portion" can be seen as a word of inheritance so to speak. As the New Living Translations puts it so well ... "You are all I really want in life." If God was all we really wanted in life, how would that change our responses to circumstances?

I want You to deliver me SO I can WORSHIP

⁶ Attend to my cry, for I am brought very low! Deliver me from my persecutors, for they are too strong for me! ⁷ Bring me out of prison, that I may give thanks to your name!

It's natural to "want out" when life is hard, but WHY? Most of us are centered around our comfort and pleasure, but notice David's desire. He desires to show gratitude and worship towards God's actions. How can you show thankfulness and worship to God NOW IN your hard situation?

Attacked and NO ONE cares

The righteous will surround me, for you will deal bountifully with me.

This last phrase in context is implying that the testimony and thanksgiving and praise from the previous verse will serve as a public testimony to God. It's the idea of the righteous "crowding around him" to hear all about what God has done for him (Expositors Bible Commentary). If people crowded around you ... what would they hear about God from your mouth??

NLT Psalm 142:1 *A psalm of David, regarding his experience in the cave. A prayer.* I cry out to the LORD; I plead for the LORD's mercy. ² I pour out my complaints before him and tell him all my troubles. ³ When I am overwhelmed, you alone know the way I should turn. Wherever I go, my enemies have set traps for me. ⁴ I look for someone to come and help me, but no one gives me a passing thought! No one will help me; no one cares a bit what happens to me. ⁵ Then I pray to you, O LORD. I say, "You are my place of refuge. You are all I

really want in life. ⁶ Hear my cry, for I am very low. Rescue me from my persecutors, for they are too strong for me. ⁷ Bring me out of prison so I can thank you. The godly will crowd around me, for you are good to me."