

PSALM 142 – A Plea for Relief from Persecutors!

1/1/22 – Sat. Morn. Prayer - P. Twente, 714 425-9221; ptwente@gmail.com www.ptwente.com

HEAR MY CRY, OH LORD Maranatha (3:41) <https://youtu.be/Hj4SyA7mpJk>

Psa 142:1 *I cry out to the LORD with my voice;*

Psa 142:6 *Attend to my cry, For I am brought very low; Deliver me from my persecutors, For they are stronger than I.*

Hear my cry, Oh Lord, Attend unto my prayer. From the end of the earth, Will I cry unto Thee.

When my heart is overwhelmed, Please lead me to the Rock, That is higher than I... That is higher than I...

For Thou hast been, A shelter unto me. And a strong tower, From the enemy.

When my heart is overwhelmed, Lead me to the Rock, That is higher than I... That is higher than I...

Psalm 142 is again one of those times in David's life when he was facing great distress. His life was on the line. Saul was pursuing him, bent upon killing him. And David was fleeing for his life.

The Psalm is entitled: *Maschil of David*; (A prayer of David, when he was in a cave.) The Maschil is written for our instruction. It teaches us by example how to order our prayer in times of distress. Such instruction is among the most needful, practical, and effectual parts of our spiritual education. Here David gives us a valuable lesson by recording his own experience as to supplication from beneath a cloud. He was in a cave, like En Gedi or Adullam or some other lonely cavern where he could conceal himself from Saul and his men.

PSALM 142 You Are My Refuge - A Contemplation Of David. A Prayer When He Was in the Cave

Psa 142:1 *I cry out to the LORD with my voice; With my voice to the LORD I make my supplication.*

- I cried aloud to the Lord, with my voice. With my voice I made my supplication. Now, there are some people, who when they pray, pray rather loudly. As though God was hard of hearing. There are others when they pray, they pray very softly, so that it is hard to agree with them because you do not know what they are saying. They might be praying for God to wipe you out. You might be saying, Amen, and you cannot hear them, you know. So, it is hard to say, yes and Amen!
- There are other times when it is just a prayer that arises from our hearts to the Lord. Now the volume has nothing to do, as far as God hearing and answering my prayer. Many times, it has a lot to do with me. When I am really desperate, I am excited, things are really in a desperate condition, sometimes in my emotion and desperation, I get a little louder. But it is not for God's benefit. It is always for my benefit. There are many times when my prayer is not even uttered, as far as verbalized. It is just in my mind and in my heart. I just offer up a prayer unto the Lord.

Psa 142:2 *I pour out my complaint before Him; I declare before Him my trouble.*

- Often, we look at prayer as sharing time, information time. I spell out my problem to the Lord. I articulate my difficulties, as though God did not know. Again, it is really not for God's benefit, that I articulate the situation. It is for my benefit. You know, it is amazing when you articulate something, it becomes so much clearer to you! So, the purpose of articulating to God, your trouble, is not that God might know the trouble you are in, because God knows all about you! He knows every problem you are facing. Thus, it really is not for God's benefit, that I articulate my problem. Sometimes it gets rather terrifying when begin to articulate it. My, I did not realize it was that bad! You know, this is desperate! What are we going to do, Lord, you know? So, I have poured out my complaint. I just open up my heart. I just share and this is what prayer is all about, it is just sharing your heart with God. It is being brutally honest with the Lord. It is just opening up your heart and just sharing those things that are troubling you. The problems that you are facing. The doubts that you have. The difficulties that are facing you. It would just be opening your heart and baring your heart to the Lord. Your fears, your anxiety, your concern—just pouring out your complaints. Telling Him your troubles.

Psa 142:3 *When my spirit was overwhelmed within me, Then You knew my path. In the way in which I walk They have secretly set a snare for me.*

- Now, David speaks about his spirit being overwhelmed. These are those times in life when it is more than you can handle. You have done your best. It is not good enough. You are still short. It is one of those things where you do not know where to turn now. You have done everything you know to do, and it is still not happening. So, my spirit becomes overwhelmed.
- When my spirit was overwhelmed within me, *then You knew my path*. I told You my troubles, but Lord, You knew all about it.
- *In the way in which I walk They have secretly set a snare for me*. He probably was talking now about the Ziphites, who had just reported to Saul. David is down in the wilderness of Ziph. They were laying a trap for David, trying to catch him.

Psa 142:4 Look on my right hand and see, For there is no one who acknowledges me; Refuge has failed me; No one cares for my soul.

- David felt very much alone in this. He did have four hundred men, who were outlaws. Guys, who were running from the law, running from trouble. They gathered around David, just a rag tag band of fellows. Saul had thousands of those with him from Israel. People will go with the winner, as the rule. It looked like there was no way David could win. In order to gain Saul's favor, they were turning against David. He felt that. He felt very alone. He felt there was no one that really taking his part. These guys that were with him, were just there because they were in trouble. They were escaping from the law themselves. David really did not have that much confidence in them.

Psa 142:5 I cried out to You, O LORD: I said, "You are my refuge, My portion in the land of the living.

- Refuge failed me. No man cared for my soul. So, I look to the Lord! No refuge in man. They are trying to lay a trap for me. They say, oh come on in. We will protect you, David, and then they say, send to Saul, we have got him! You know Saul had a reward out on David's head. They were all trying to get it! They were trying to lay the trap. There was no place to hide. No refuge, but Lord, You are my refuge.

Psa 142:6 Attend to my cry, For I am brought very low; Deliver me from my persecutors, For they are stronger than I.

- David's prayer, his cry to the Lord. He was down at the bottom. But he is praying that God will deliver him, because he realized the forces he faced were stronger than he was. David in another Psalm, said, when my heart is overwhelmed, lead me to the rock that is higher than I. How wonderful it is when faced with situations that we are not able to handle, we acknowledge that this is too much for me, I can't handle this. How wonderful it is to be able to just cry out to the Lord. Know that He is able to bring me victory over forces and powers that are greater than I.

Psa 142:7 Bring my soul out of prison, That I may praise Your name; The righteous shall surround me, For You shall deal bountifully with me."

- Notice how that David had prayed and things were still looking hopeless! He was still in the cave! Saul was still after him. But yet having prayed, he now has that confidence that God is going to answer! Often we are encouraged and strengthened through prayer. There are so many times when I am faced with desperate situations and my heart is in turmoil. My spirit is overwhelmed. I take it to the Lord in prayer. I articulate it to the Lord, the problems that I am facing. The things that I am disturbed about. As I lay them out before the Lord, even as I am praying, the Spirit of God ministers to me. By the time I am through with my prayer, I have victory! God is going to take care of it! I just have that assurance that the Lord is going to work it out. And the fears are gone, the anxiety is gone. I end up, most of the time, just rejoicing because even in prayer, I experience the help and God's victory!
- Often, in prayer, during prayer, the Spirit of God ministers to your heart. It brings assurance. It brings comfort. That is really what prayer is about! It is a meeting together with God, laying out your complaints, laying out your burdens, telling God your feelings. Then, letting God speak to you, and minister to you, the strength, the comfort of His Spirit. The assurance that God is going to take care of it. That prayer then ends in confidence and in victory!
- So, this prayer of David, he was still in the cave. Saul was still looking for him. The Ziphites were still rattling on him. Doeg was still after him, but he said, the righteous shall surround me for you shall deal bountifully with me! Lord, you are going to take care of it. The wicked are not going to

overwhelm me. I am going to be surrounded, Lord, by the righteous, because Lord, You shall deal bountifully! So that assurance that comes in prayer.

- Notice that in so many of David's prayers, the last verse, though he goes, you know takes the dive down into the bottom—to the pit—the last verse is often a verse of confidence! God, You are going to take care of it! Lord, you know, You are going to come through! Always!

Psa 142:5 I cried out to You, O LORD: I said, "You are my refuge,

ALWAYS - Kristian Stanfill (4:23)

*My foes are many, they rise against me, But I will hold my ground I will not fear the war, I will not fear the storm
My help is on the way, my help is on the way*

*Refrain: Oh, my God, He will not delay **My refuge and strength always** I will not fear, His promise is true*

My God will come through always, always

Troubles surround me, chaos abounding My soul will rest in You I will not fear the war, I will not fear the storm

My help is on the way, my help is on the way (Refrain)

I lift my eyes up, my help comes from the Lord (2X)

From You Lord, from You Lord

*Oh, my God, He will not delay **My refuge and strength always** I will not fear, His promise is true*

My God will come through always, always

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PRAY FOR OUR CHURCH/PERSECUTED CHURCH; SCHOOLS; POLICE OFFICERS/MILITARY; ISRAEL: