



Crying Out in a Cave? (Psalm 142)

A. David's Desperation (1-2)

I . . . Cry (Process) , Plead for Mercy (Focus) , Make my Case - Lament (Nature) , and Tell My Trouble (Problem) . . . to the Lord

B. David's Problems and Solution (3-4)

Problems: Depression and Loneliness

Solution: I believe you know my way!

C. David's Request (What?) (5-6)

Hear: Attend to my cry . . .

Move: Deliver me from My Persecutors . . .

D. David's Perspective (Why?) (7)

What? Hear and Deliver

Why? 1) So that I may praise your name

2) So the people of God will be blessed

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.

Psalm 142

Discussion Questions:

1. How do you cope during moments (seasons) when you feel isolated and lonely? Look at David's process as he works through his despair from isolation: he cries out, pleads for mercy, laments, and shares his trouble with the Lord. What does this process teach us when it comes to managing times of isolation and despair in our lives? Discuss.
2. In verse 3, David declares to the Lord, "you know my way." In the dark times of life are you able to proclaim these same words to the Lord? Explain.
3. Why did David want to see God move? (Read verse 7 for help). He wanted to encourage the people of God through the story of his deliverance. Do you have a story of deliverance that you can use to encourage the people around you.? Share it with the group.
4. Read Hebrews 10:24-25. Do you have someone that encourages you on a regular basis to keep going? Send them an email or text this week to let them know how much of an encouragement they are to you.