



Psalm 142

1 Maschil of David; A Prayer when he was in the cave. I cried unto the LORD with my voice; with my voice unto the LORD did I make my supplication. 2 I poured out my complaint before him; I shewed before him my trouble.

3 When my spirit was overwhelmed within me, then thou knewest my path. In the way wherein I walked have they privily laid a snare for me. 4 I looked on my right hand, and beheld, but there was no man that would know me: refuge failed me; no man cared for my soul. 5 I cried unto thee, O LORD: I said, Thou art my refuge and my portion in the land of the living. 6 Attend unto my cry; for I am brought very low: deliver me from my persecutors; for they are stronger than I.

7 Bring my soul out of prison, that I may praise thy name: the righteous shall compass me about; for thou shalt deal bountifully with me.

Introduction:

1. “Maschil” – understanding or teaching – a skillful Psalm; a Psalm of public instruction.
2. “A Prayer when he was in the cave” (1 Sam. 22:1; 24:1-4).
3. A Psalm for the Abandoned & Alone.

Outline:

- A. David’s Lament (vv.1-2)
 - B. David’s Loneliness (vv.3-6)
- A.’ David’s Longing (v.7)

Observations:

1. Times of trouble are times of prayer.
2. God alone knows your situation.
3. (v.4) – This is what abandonment feels like.
4. We can declare our trust in the LORD through prayer.

Lesson: The LORD alone is my portion in the land of the living.

Psalm 143

1 A Psalm of David. Hear my prayer, O LORD, give ear to my supplications: in thy faithfulness answer me, and in thy righteousness. 2 And enter not into judgment with thy servant: for in thy sight shall no man living be justified.

3 For the enemy hath persecuted my soul; he hath smitten my life down to the ground; he hath made me to dwell in darkness, as those that have been long dead. 4 Therefore is my spirit overwhelmed within me; my heart within me is desolate. 5 I remember the days of old; I meditate on all thy works; I muse on the work of thy hands. 6 I stretch forth my hands unto thee: my soul thirsteth after thee, as a thirsty land. Selah.

7 Hear me speedily, O LORD: my spirit faileth: hide not thy face from me, lest I be like unto them that go down into the pit. 8 Cause me to hear thy lovingkindness in the morning; for in thee do I trust: cause me to know the way wherein I should walk; for I lift up my soul unto thee. 9 Deliver me, O LORD, from mine enemies: I flee unto thee to hide me. 10 Teach me to do thy will; for thou art my God: thy spirit is good; lead me into the land of uprightness. 11 Quicken me, O LORD, for thy name's sake: for thy righteousness' sake bring my soul out of trouble.

12 And of thy mercy cut off mine enemies, and destroy all them that afflict my soul: for I am thy servant.

Introduction:

1. “A Psalm of David” – Inspired headings.
2. This is one the penitential Psalms (Pss. 6, 32, 38, 51, 102, 130, 143).
3. A Psalm for Desperate Situations

Outline:

- A. David’s Prayer of Repentance (vv.1-2)
 - B. David’s Lament (vv.3-6)
- A.’ David’s Prayer Requests (vv.7-11)
- B.’ David’s Prayer of Ruination of his enemies (v.12)

Observations:

1. Plead for God’s help through prayer.
2. Remember and reflect on God’s great works.
3. David’s five-fold specific requests:
 1. Hear me speedily.
 2. Cause me to hear thy lovingkindness
 3. Deliver me
 4. Teach me to do thy will
 5. Quicken me (make me alive)

Lesson: Lead me even in crisis.