

LESSONS FROM PSALMS ONE HUNDRED FORTY-TWO

Scripture: Psalms 142:1-7

Ray O. Brooks

Introduction:

- A. David wrote about his experiences in the cave... Adullan or Engedi. No one knows which.
- B. Saul came seeking David with 3000 soldiers. David fled the country saying, "I shall now perish one day by the hand of Saul."
- C. He first fled to Gath where he feigned madness to escape.
- D. He ended up living in caves until Saul was killed.
- E. Take note of the tense in which the Psalm was written.
 - 1. Vs. 1-5a are written in the past tense. This indicates that David wrote this Psalm after he was delivered from Saul.
 - 2. Vs. 5b through 7a are written in the present tense. This is David's way of telling what he said to God at the time he was in the cave in trouble. While in the cave, he prayed to God in the present tense.
 - 3. The last part of v.7 is future tense because he was speaking of what would be true when he had been delivered.
- F. David wrote this to help others who might in the future experience the same kind of problems. He recorded five things: His feelings at the time; his confession of his dependence on God; his petitions made to God; his promises he made to God; and his expectations for the future.

I. LEARN THAT GOD'S PEOPLE CAN AT TIMES GET TO FEELING LOW.

- A. v. 3 my spirit was overwhelmed, beaten down, about ready to give up.
- B. v. 3 My path was booby trapped ... it seemed every way he turned, there was danger lurking.
- C. v. 4 David felt forsaken and alone ... as though no man cared if he lived or died.

II. LEARN THAT IT IS GOOD FOR GOD'S PEOPLE TO TALK ABOUT THEIR TROUBLES TO GOD.

- A. v. 2 I poured out my complaints before Him.
- B. v. 1 I cried with my VOICE... I asked humbly and sincerely for God's help.
- C. v. 3 I know that you know what is happening to me; but I just want to speak to you about it.
- D. v. 5 I know that you are my refuge and my portion, but I need help now.
- E. v. 6 Lord, my persecutors are stronger than I.
- F. v. 6 Lord, I am brought low .. very low.

III. LEARN THAT WE MUST PETITION GOD AS OUR ONLY HELP.

- A. v. 6 Lord, attend to my cry.
- B. v. 6 Lord, deliver me.
- C. v. 7 Lord, bring my soul out of prison.

IV. LEARN THAT IT IS GOOD TO MAKE SOME COMMITMENTS TO GOD.

- A. v. 7 It is good to tell God the reason you want to be delivered from trouble. Eph. 2:10
- B. David said, "That I might praise your name."
- C. Why do we want to be saved out of trouble? Ms. Tucker?

V. LEARN WHAT ARE SOME THINGS GOD'S PEOPLE CAN EXPECT WHEN THEY HAVE BEEN DELIVERED FROM THE TROUBLES OF THIS LIFE.

- A. v. 7b the righteous shall compass me about.
 - 1. David had companied with unrighteous men for a long time. He looked forward to being surrounded by God's people.
 - 2. Don't we all look forward to the time when all sin shall have been punished and put away and we are resting in the presence of God and His righteous people.
 - 3. It's really nice to come here and be surrounded by God's choicest people after a week in the old dog eat dog world.

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- B. "Thou shalt deal bountifully with me."
1. David didn't know all that God held in store for him, but he knew it would be great.
 2. Neither do we know all that the future holds for us when the troubles of this life are over; BUT we know that it will be worth it all ...