

**Psalm 142**

**Psalm 143:12**

**Psalm 138:7-8**

1I cry aloud with my voice to the LORD; I make supplication with my voice to the LORD. 2I pour out my complaint before Him; I declare my trouble before Him. 3When my spirit was overwhelmed within me, You knew my path. In the way where I walk they have hidden a trap for me. 4Look to the right and see; For there is no one who regards me; There is no escape for me; No one cares for my soul. 5I cried out to You, O LORD; I said, "You are my refuge, My portion in the land of the living. 6Give heed to my cry, for I am brought very low; deliver me from my persecutors, for they are too strong for me. 7Bring my soul out of prison, so that I may give thanks to Your name; the righteous will surround me, for You will deal bountifully with me." – **Psalm 142:1-7 NASB**

- This is a cave dwellers prayer...a prayer from the dark and deep...even when David is forced to hide like a 'criminal', he prays like a king!
  - He is crying out, out loud and prays to be heard.
    - He pours out his complaint, he tells God about his trouble.
    - He declares that even when he was totally overwhelmed spiritually and emotionally, God knew his path...and where he walked.
    - His enemies have set a trap...an ambush.
    - Look to the right...that's where his defender or helper should be...no one there!
    - There is no escape, and no one down here seems to care.
  - Wait a minute...he cries out, "You are my refuge...my portion in the land of the living."

[What, what would have become of me] had I not believed that I would see the Lord's goodness in the land of the living! **Psalm 27:13 AMPC**

- Give heed to my cry...I am brought very low...
- **V6...** "Pay attention to my cry for I am in desperate straits" ...**R.K. Harrison**
- **V6...** "Listen to my cries for I can hardly be crushed lower" ...**The Jerusalem Bible**

And in your mercy *and* loving-kindness, cut off my enemies and destroy all those who afflict my inner self, for I am Your servant. **Psalm 143:12 AMPC**

7Though I walk in the midst of trouble, You will revive me; You will stretch forth Your hand against the wrath of my enemies, and Your right hand will save me. 8The LORD will accomplish what concerns me; Your lovingkindness, O LORD, is everlasting; do not forsake the works of Your hands. **Psalm 138:7-8**

RELEASING YOUR LIFE FROM PRISON

- **V7...**“You exert...Your power saves me – **R.K. Harrison**
- **V8...**“Yahweh will carry through my cause, O Yahweh! Thy loving kindness is age abiding...” **Rotherham**

Bring my soul out of prison, so that I may give thanks to Your name; the righteous will surround me, for You will deal bountifully with me. **Psalm 142:7 NASB**

- David cries out for his imprisoned soul
- Job describes that imprisonment in **Job 36:8...**“ Bound, fettered, and caught in the cords of affliction.”
- Cords of sickness, addiction, abuse, depression, bad self-image, doubt, rejection, shame, and regret.
- ... “Bring my life out of prison.” **Psalm 142:7 AMPC**

23 Search me [thoroughly], O God, and know my heart! Try me and know my thoughts!

24 And see if there is any wicked *or* hurtful way in me, and lead me in the way everlasting.

**Psalm 139:23-24 AMPC**

- **V24...** “See if on any false paths my heart is set” ...**Knox**
- The Lord wants to get every life out of the imprisonment by the world, the flesh and the devil. He wants to get us out of hurtful ways and get the hurtful ways out of us! Even those who feel ‘crushed’ lower than they have ever been...He knows the path you are on and wants to give you the might and the light to get free and stay free.