

## Oh God YOU are My ONLY Hope ~ Psalm 142

→ Scripture Reading - Ps. 142:1-7

### HISTORICAL CONTEXT

#### Chronology of David's Life 1<sup>st</sup> and 2<sup>nd</sup> Samuel:

- Anointed by Samuel chpt. 16
- Harpist for King Saul chpt. 16
- Kills Goliath chpt. 17
- Saul tries to Kill David chpt. 19
- Goes into hiding chpt. 21
- Hides in caves chpt. 22
- Spares Saul's Life chpt. 24
- Spares Saul Again chpt. 26
- Lives with Philistines chpt. 27-29
- Crowned King of Judah chpt. 2
- Crowned King of Israel chpt. 5

### FEELING Trapped and ALONE ~ Psalm 142:1-4

**Psalm 142** *A maskil of David. When he was in the cave. A prayer.*

<sup>1</sup> I cry aloud to the LORD; I lift up my voice to the LORD for mercy. <sup>2</sup> I pour out my complaint before Him; before Him I tell my trouble.

<sup>3</sup> When my spirit grows faint within me, it is you who know my way. In the path where I walk men have hidden a snare for me. <sup>4</sup> Look to my right and see; no one is concerned for me. I have no refuge; no one cares for my life.

### APPLICATION

#### Follow David's EXAMPLE...

- CRY OUT loud to God
- POUR OUT your Heart to God
- Acknowledge your DESPERATE NEED for God's help
- Remember God is Not SURPRISED by what is Happening

## God IS my PROTECTOR and DEFENDER ~ Psalm 142:5-7

<sup>5</sup> I cry to you, O LORD; I say, "You are my refuge, my portion in the land of the living." <sup>6</sup> Listen to my cry, for I am in desperate need; rescue me from those who pursue me, for they are too strong for me. <sup>7</sup> Set me free from my prison, that I may praise your name. Then the righteous will gather about me because of your goodness to me.

## APPLICATION

### David DECLARED to God...

- I am DESPERATE my Enemies are too STRONG for me
- You are my REFUGE
- You are my PORTION
- You are my ONLY HOPE

**Psalm 73:25-26** (NLT) <sup>25</sup> Whom have I in heaven but YOU? **I desire You** more than anything on earth. <sup>26</sup> My health may fail, and my spirit may grow weak, but **God remains the STRENGTH** of my heart; **He is MINE forever.**

**Philippians 3:7-10** (NLT) <sup>7</sup> I once thought these things were valuable, but now I consider them worthless because of what Christ has done. <sup>8</sup> Yes, everything else is worthless when compared with the infinite value of knowing Christ Jesus my Lord. For his sake I have discarded everything else, counting it all as garbage, so that I could gain Christ <sup>9</sup> and become one with him. I no longer count on my own righteousness through obeying the law; rather, I become righteous through faith in Christ. For God's way of making us right with himself depends on faith. <sup>10</sup> I want to know Christ and experience the mighty power that raised him from the dead. I want to suffer with him, sharing in his death...

## TAKE AWAY ??

### We MUST...

- Cry OUT to GOD
- Turn to HIM in Total DEPENDENCE
- Trust God COMPLETELY
- Refuse to GIVE UP
- Seek to KNOW God Better