

Psalm 142:1-3 (NLT)

- ¹ I cry out to the LORD; I plead for the LORD's mercy. ² I pour out my complaints before him and tell him all my troubles.
- ³ When I am overwhelmed, you alone know the way I should turn. Wherever I go, my enemies have set traps for me.

Psalm 142:4-5 (NLT)

⁴ I look for someone to come and help me, but no one gives me a passing thought! No one will help me; no one cares a bit what happens to me. ⁵ Then I pray to you, O LORD. I say, “You are my place of refuge. You are all I really want in life.

Psalm 142:6-7 (NLT)

⁶ Hear my cry, for I am very low. Rescue me from my persecutors, for they are too strong for me. ⁷ Bring me out of prison so I can thank you. The godly will crowd around me, for you are good to me.”

**Oh God YOU are
My ONLY Hope**

Psalm 142:1-7

Chronology of David's Life

1-2 Samuel:

- Anointed by Samuel
- Harpist for King Saul
- Kills Goliath
- Saul tries to Kill David
- Goes into hiding
- **Hides in caves**
- **Spares Saul's Life**
- Spares Saul Again
- Lives with Philistines
- Crowned King of Judah
- Crowned King of Israel

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

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)

²⁵ Whom have I in heaven but **YOU?**

I desire You more than anything on earth.

²⁶ My **health may fail**, and my **spirit may**

grow weak, but **God remains the**

STRENGTH of my heart;

He is MINE forever.

Philippians 3:7-8 (NLT)

- 7 I once thought these things were valuable,
but now I consider them **worthless**
because of what **Christ has done**.
- 8 Yes, everything else is **worthless** when
compared with the infinite value of
KNOWING Christ Jesus MY Lord.

Philippians 3:8-9 (NLT)

⁸ ...For **HIS** sake I have discarded everything else, counting it all as garbage, so that I could gain Christ
⁹ 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.**

Philippians 3:9-10 (NLT)

⁹ ...For **God's way** of making us right with Himself **depends on faith.**

¹⁰ **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...**

We MUST...

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