

"You Are My Refuge"
(Psalm 142)



SUMMER *IN* THE PSALMS

"You Are My Refuge" Psalm 142

- I. David's Cry (v. 1-2)
- II. David's Circumstances (v. 3-4; 6)
- III. David's Confidence (v. 5, 7)
- IV. Christ Our Refuge



SUMMER *IN* THE PSALMS

I. David's Cry

"With my voice I cry out to the Lord; with my voice I plead for mercy. I pour out my complaint before him; I tell my trouble before Him." - Psalm 142:1-2



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"I cry aloud to God, aloud to God, and he will hear me. In the day of my trouble I seek the Lord..." - Ps. 77:1-2

"But I call to God, and the LORD will save me. Evening and morning and at noon I utter my complaint and moan, and he hears my voice." - Ps. 55:16-17



"But as for me, my prayer is to you, O LORD. At an acceptable time, O God, in the abundance of your steadfast love answer me in your saving faithfulness." - Ps. 69:13



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II. David's Circumstances (v. 3-4, 6)

"When my spirit faints within me..." (v. 3)

"...I am brought very low!" (v. 6)



II. David's Circumstances: Affliction

"When my spirit faints within me..." (v. 3)

"...I am brought very low!" (v. 6)



II. David's Circumstances: Persecution

"In the path where I walk they have hidden a trap for me."
(v. 3)

"Deliver me from my persecutors, for they are too strong
for me!" (v. 6)



II. David's Circumstances: Abandonment

"Look to the right and see: there is none who takes notice of me; no refuge remains to me; no one cares for my soul."

(v. 4)



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III. David's Confidence

"When my spirit faints within me, you know my way!" (v. 3)

"I cry to you, O Lord; I say, You are my refuge, my portion
in the land of the living." (v. 5)



III. David's Confidence

"Attend to my cry, for I am brought very low! Deliver me from my persecutors, for they are too strong for me. Bring me out of prison, that I may give thanks to your name! The righteous will surround me, for you will deal bountifully with me." (v. 7)



“‘Jesus, help me’ is one of the most honorable things you can say.” - Ed Welch



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"When we can begin a Psalm with crying, we may hope to close it with singing. The voice of prayer soon awakens the voice of praise." - Charles Spurgeon



SUMMER *IN* THE PSALMS

"Whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope." -
Romans 15:4



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"Since then we have a great high priest who has passed through heavens, Jesus, the Son of God, let us hold fast our confession. For we do not have a priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need." - Hebrews 4:11-16



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"But we have this treasure in jars of clay, to show that the surpassing power belongs to God and not to us. We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be manifested in our bodies. For we who live are always being given over to death for Jesus' sake, so that the life of Jesus also may be manifested in our mortal flesh."

- 2 Corinthians 4:7-11



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"So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal." - 2 Corinthians 4:16-18



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