

Poems, Prayers & Promises



You Are My Refuge

Key idea:

In the midst of running for his life, David penned an psalm God uses to instruct his people how to view both their circumstances and their deliverer.

Key text:

Psalm 142 (ESV)

A Maskil of David, when he was in the cave. A Prayer.

1 With my voice I cry out to the Lord;
with my voice I plead for mercy to the Lord.

2 I pour out my complaint before him;
I tell my trouble before him.

3 When my spirit faints within me,
you know my way!

In the path where I walk
they have hidden a trap for me.

4 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.

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

6 Attend to my cry,
for I am brought very low!

Deliver me from my persecutors,
for they are too strong for me!

7 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.

Key points:

1. Psalms are primarily about praising God, but they also carry instruction and wisdom for how God's people can view Him in their circumstances.
2. The idea of intense trial, and even loneliness, should be an expected experience for people of God.
3. In the midst of these intense trials and loneliness, our default reaction should be to bring these things to the Lord.
4. In the midst of these intense trials and loneliness, God has not abandoned us.
5. Even as we endure suffering, we can look forward to victory already achieved by the cross.

Questions for discussion/application:

1. What part of Sunday's teaching stood out most to you? Why?
2. What instruction should we take from this type of psalm, called a maskil?
3. How does David's portrayal of this situation speak to the situations I face?
4. In what ways is the deliverance spoken of in verses 6-7 pointing toward the risen Christ?
5. How do I see God caring for me in the midst of my circumstances?
6. What does this psalm instruct me about praising God for what he has done?
7. Who will I call or see to encourage this week? Who can I encourage to cry out to God this coming Sunday?