

# Psalm 142

**This is the prayer of a person who feels that no-one cares what happens to them, they feel overwhelmed and desperate.**

**Psalms 142:4** [NIV] *“Look to my right and see; no-one is concerned for me. I have no refuge; no-one cares for my life.”*

This is the central reason for this cry for the Creator God to have mercy towards them.

**Psalms 142:1-3** [NIV] *“I cry aloud to the LORD; I lift up my voice to the LORD for mercy. I pour out my complaint before him; before him I tell my trouble. 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.”*

**In his loneliness the Psalmist reminds himself that the Creator God is well aware of his situation, [Psalms 139:1-16].**

**Psalms 142:5** [NIV] *“I cry to you, O LORD; I say, ‘You are my refuge, my portion in the land of the living.’”*

In contrast to lack of human concern the Creator God is both the Psalmist’s protection [“*refuge*”] and satisfaction [“*portion*”].

The Hebrew word translated “*portion*” is “*chêleq*” which means allotment and inheritance.

**The Psalmist is assured that the Creator God has complete control over his present and future life.**

**Psalms 142:6-7** [NIV] *“Listen to my cry, for I am in desperate need; rescue me from those who pursue me, for they are too strong for me. 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.”*

**The “*prison*” refers to the restriction that other people do not know the Creator God as the Psalmist did, and limited him telling them of His great love and mercy.**

When all who know the Psalmist see the confidence he has in the care of the Creator God, when they rejected him, they will come to the Psalmist to learn of God’s goodness.

**Matthew 5:14-16** [NIV] *“You are the light of the world. A city on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven.”*

**This is exactly what Jesus Christ was teaching we should be doing, our lives being a reflection of Him as the light that came to all humanity.**

**John 8:12** [NIV] *“When Jesus spoke again to the people, he said, ‘I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.’”*

**When we follow the teaching and life of Jesus Christ we will reflect this light and bring them out of the darkness of Satan’s deception, [2 Corinthians 4:4; Revelation 12:9].**