

Psalm 142 a prayer in distress

Psa 142:1 A Contemplation Of David. A Prayer When He Was in the Cave.

I cry out to the LORD with my voice; With my voice to the LORD I make my supplication.

*Psa 142:2 I pour out **my complaint** before Him; I declare before Him **my trouble**.*

*Psa 142:3 When my spirit was **overwhelmed** within me, Then You knew my path. In the way in which I walk **They have secretly set a snare for me**.*

*Psa 142:4 Look on my right hand and see, For there is **no one who acknowledges me; Refuge has failed me; No one cares for my soul**.*

*Psa 142:5 I cried out to You, O LORD: I said, "**You are my refuge, My portion in the land of the living**.*

*Psa 142:6 Attend to my cry, For I am **brought very low; Deliver me from my persecutors, For they are stronger than I**.*

*Psa 142:7 **Bring my soul out of prison, That I may praise Your name; The righteous shall surround me, For You shall deal bountifully with me.**"*

The best that the enemy can do is oppress your soul—your outer man. He can not touch your spirit—your inner man. Thus the oppression sent against you is sent against your soul—your emotions and your mind. So sometimes we find that we cannot pray with freedom. We cannot praise or worship. Our soul is in prison as it were. So David cried out to the Lord...so should we.

He says his spirit was "overwhelmed within me." The Hebrew word here means **to shroud or clothe**...hence darkness...to cover

over.

When the enemy makes war against you he seeks to overwhelm your inner man—your Ruach or spirit. He does this by throwing a cloak of darkness over us in the form of complaints and troubles. When we cannot see clearly to give thanks to God we end up complaining instead. We feel vexed and abandoned by God...so we stop praising Him. The enemy nullifies us.

But all it takes is for us to choose to lift up our voice in praise. To choose to give Him thanks. To choose to sing a new song to our Jesus.

Everything may say no...That is when we must choose to do something. God does not want us in prison!