

Cave Lament

Psalms of David · Book V

"A contemplation by David, when he was in the cave. A Prayer."

PICTURE WORD

Prison

IN ONE SENTENCE

*lone and trapped, I pour out my complaint to the LORD, my refuge, and ask him to free me from prison.***Remember it:** One forty-two: no one cares, so I pour it all out to my refuge.

MEMORY VERSE

I cried to you, Yahweh. I said, "You are my refuge, my portion in the land of the living."

Psalm 142:5 · World English Bible

HEBREW WORD

מָחֶסֶי

"my refuge" · verse 5

In the Psalms: twelve times, in 10 psalms

מָחֶסֶי means "my refuge," a shelter where one runs for cover from storm or attack. In verse 4 David says refuge has fled from him; in verse 5 he names the LORD himself as his refuge. When every human shelter is gone, the LORD remains.

HOW THE PSALM MOVES

1-2 Crying aloud and pouring out complaint to the LORD**3-4** Overwhelmed, trapped, and no one cares**5-7** The LORD is my refuge; bring me out of prison

MY NOTES

**Listen.** Hear Psalm 142 sung in the **Psalm Song** app, or free at ispress.de/psalms/142.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Crying Out in Distress

Refuge in Trouble

God Will Not Abandon You

FILL IN THE BLANKS

_____ and trapped, I pour out my _____ to the LORD, my refuge,
and ask him to free me from _____.

CHECK YOURSELF

1. What does the psalmist pour out before the LORD?

- ☐ (A) His complaint
☐ (C) Water

- ☐ (B) Oil
☐ (D) Wine

2. When he looks to his right, what does he find?

- ☐ (A) His army
☐ (C) His brothers

- ☐ (B) No one who is concerned for him
☐ (D) A hidden road

3. He calls the LORD his refuge and his...

- ☐ (A) shield in battle
☐ (C) portion in the land of the living

- ☐ (B) song in the night
☐ (D) light in darkness

TALK IT OVER

1. How does David describe his situation before he calls the LORD his refuge?

2. What does it say about God that we may tell him our complaints honestly?

3. Who around you feels that "no one cares for my soul," and how can you help?

IN YOUR OWN WORDS: WHAT DOES PSALM 142 TEACH?

- ☐ I listened to the song
☐ I can say verse 5 by heart

- ☐ I can say what it teaches
☐ I know the picture word

Answers: Blanks: Alone · complaint · prison · Check yourself: 1. A (v. 2) · 2. B (v. 4) · 3. C (v. 5)