

# **A CRY FROM THE CAVE**

## **- Psalm 142**

**Let's listen and learn from the contemplations of a cave-dweller**

### **I. THE CONDITIONS OF THE CAVE-DWELLER**

#### **A. INDICATIONS:**

1. He is Troubled (2)
2. He is Overwhelmed (3a)
3. He is Fearful (3b)
4. He is Frustrated (4)
  - a. Disappointed: No one regards me
  - b. Desperate: Refuge has failed me (NKJV) > There is no place to escape
  - c. Forsaken: No one cares for my soul
5. He is Weak (6a)
6. He is Persecuted (6b)
7. He is Imprisoned (7a)

#### **B. APPLICATION:**

1. What does your "persecutor" look like?
2. What conditions have forced you to huddle and hide in a cave?

### **II. THE APPEAL OF THE OPPRESSED**

#### **A. PASSIONATE (1-2)**

1. Details
  - a. "I cry aloud" (1a) > Unable to put it into words, he screams
  - b. "I make supplication" (1b) > A plea for mercy
  - c. "I pour out my complaint" (2a) > It oozes out of me ....! I can't hold it in!
  - d. "I declare my trouble" (2b) > Making it known to God
2. Illustration: AAUGH!

#### **B. DIRECTED**

1. David knew where to turn > to whom to cry from his cave of despair  
- "To the Lord" (v.1 - 2x); "Before Him" (v. 2 -2x); "To You, O Lord" (v.5)
2. To whom do we turn? - I Peter 5:7

Over please >

### C. PARTICULAR

- Prayerful imperative pleas
- 1. Look! (4)
- 2. Listen! (6a) > “Give heed”
- 3. Deliver! (6b) > Snatch, rescue, take away
- 4. Liberate! (7b) > “Bring my soul out” (7b)

### D. APPROPRIATE

- Caves can make good prayer closets!

## III. THE STABILIZERS FOR THE STRESSED

### A. KNOWING GOD ....

1. Who Perceives (3a) > You knew my path
2. Who Defends (5a) > You are my refuge
3. Who Satisfies (5b) > You are my portion
4. Who Blesses (7c) > You shall deal bountifully with me

### B. PRAISING GOD (7a)

1. David’s Commitment (7a) > I will praise Your name
2. David’s Associates (7b) > The righteous will surround him

## CONCLUSION:

### **Consider: The “Maskil” or contemplations of David**

- I. We Cry ..... We know the conditions and cries of cave life!
- II. We Confess ..... What do we know about our God?
  - A. Caves were places of *death* (tombs) and *despair* (hiding)
  - B. In Christ the cave is a means of *deliverance*
    1. Born in a cave
    2. Buried in a cave
- III. We Contemplate ... Think on these things > Meditate on this!

## **YOU CAN BE A CONFIDENT CAVE-DWELLER !**

*- See Psalm 143:8-12*