

Pastor Paul Moffett • July 20-21, 2019

A Cry from the Cave • Psalm 142

Take-Home Truth: God's Word teaches us about handling life at its darkest and most difficult times.

I. When in a dark place, tell God how you feel. (142:1-4)

A. Get real with God:

- I am in desperate need.
- No one is here; no one is concerned about me; no one cares for my soul.

B. How to pray:

1. Cry aloud.
2. Tell Him everything.
3. Admit your need.
4. Keep praying.

Application question: Who do you turn to first when in a difficult time or situation?

II. When in a dark place, praise God for Who He is. (142:5-6)

Principle: Proactive prayer does something transformative in us.

Application:

When you feel:

- Alone: Psalm 3; 4; 27; 46; 49; 56; 91; 118; 142
- Afraid: Psalm 9; 10; 12; 13; 27; 40; 43
- Depressed: Psalm 27; 34; 42; 43; 88; 143
- Overwhelmed: Psalm 25; 69; 142
- Tired/Weak: Psalm 6; 13; 18; 28; 29; 40; 86

III. When in a dark place, trust in His promises. (142:7)

For no matter how many promises God has made, they are "Yes" in Christ. And so through him the "Amen" is spoken by us to the glory of God. ~ 2 Cor. 1:20 (NIV)

Application: Write a Personal Psalm of Lament

- Write out your complaints, troubles and feelings.
- Write out who God says He is to each one of these.
- Write a promise or two that God has given you from Scripture.
- Pray aloud over it.