



# Emotional Stability Through Meditation - Psalm 142

If you have not gone through the Introductory Basis Lessons teaching on the different facets of Biblical Meditation, please consider this first to get the most out of the following lessons.

Psalm 142 [context](#):

David wrote this psalm in a cave at En Gedi, hiding from King Saul who was tracking him to kill him, 1 Samuel 24. This is called a Maschil, an instructive psalm.

**v1 “I cry out to the LORD with my voice; with my voice to the LORD I make my supplication.”** The instruction is to go to God first. [Supplication](#) is an intense, ongoing prayer.

**v2 “I pour out my complaint before Him; I declare before Him my trouble.”** [Complaint](#) is a meditation word used in Psalm 119. David is betrayed, abandoned. King Saul is trying to kill him because he knows David is to be king. David is separated from his best friend, Jonathan, King Saul’s son. It is wisdom to pour out your heart to the Lord. Be honest with God.

**v3 “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.”** [Overwhelmed](#) refers to being covered with a shroud, darkness that makes one feeble. If your focus is continually on your trouble and you are verbalizing it, your spirit will be overwhelmed. You have your mind and emotions, will (soul) in agreement against your spirit. David says even in this dark time, he knew that God understood his situation.

**v4 “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.”** David is declaring his feeling of abandonment to God.

**v5 “I cried out to You, O LORD; I said, ‘You are my refuge, my portion in the land of the living.’”** David declares God is his refuge, not this cave. This is the right direction, turn to the Lord in praise for who He is and what He can do.

**v6 “Attend to my cry (grief), for I am brought very low; deliver me from my persecutors, for they are stronger than I.”** This is an honest assessment of the situation, David concludes by asking for God’s help.

**v7 “Bring my soul out of prison, that I may praise Your name; the righteous shall surround me, for You shall deal bountifully with me.”** [Soul](#) is mind, emotions, and will. When your soul is in prison, not free, turn to the One who can deliver you, acknowledging His goodness. This kind of [praise](#) that confesses who God is and what He will do stills your soul so you can see beyond the situation.

**Read the Psalm again.**

Learn from this Psalm how to press into God, how to encourage yourself in Who He is. Ask God's help to live in faith.

**Application:** Pray with understanding for those who are depressed, fearful in difficult and dangerous situations.

