



Emotional Stability Through Meditation - Psalm 143

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 143, Let God's Word bring you out of darkness.

Context: David is fleeing from Absalom, his son, who betrayed him and who would take the kingdom, 2 Samuel 15.

As part of your meditation, respond to each verse personally.

Psalm 143:1 "Hear my prayer, O LORD, give ear to my supplications!" In Your faithfulness answer me, and in Your righteousness." David appeals to God's character, that God is faithful and will do righteously.

v2 "Do not enter into judgment with Your servant, for in Your sight no one living is righteous." David did not deal with Absalom as a father should have. (2 Samuel 13:20-39)

David was speaking of judgment on sin prior to Jesus dying on the cross. However you have the righteousness of Christ, 1 Corinthians 5:21. Jesus has put us in right standing to have fellowship with God. If sin is involved, because of the cross you can repent and receive forgiveness and assurance of righteousness, 1 John 1:9.

v3 "For the enemy has persecuted my soul; he has crushed my life to the ground; he has made me dwell in darkness like those who have long been dead."

The enemy concentrates on **persecuting your soul**, influencing your thinking. David's mind, emotions and will have been in darkness, in dark places, maybe dwelling on past events regarding his son. The enemy will fill your mind with negative thinking, telling you there is no hope. These are all lies of the enemy.

v4 "Therefore my spirit is overwhelmed within me; my heart within me is distressed." The **heart** here is your soul. When your intellect, your feelings and your will are in agreement and you meditate on negatives, your soul overwhelms your spirit.

v5 "I remember the days of old; I meditate on all Your works; I muse (ponder) on the work of Your hands. Now David is going to meditate on times past when God helped him. Meditate here involves speech. Hebrew meditation involves low murmurings. Here David is rehearsing God's works, deliberately taking control of his previous negative thoughts that were crushing his spirit. He is building himself up in the Lord, putting his trust in God.

v6 “I spread out my hands to You; my soul longs for You like a thirsty land.” Selah (**Selah** is a music term to pause to consider what is being sung, and in this way applicable to meditation.) Here David pauses and puts his entire focus on God as the source of his help.

7 “Answer me speedily, O LORD; my spirit fails! Do not hide Your face from me, lest I be like those who go down into the pit.”

v8 “Cause me to hear Your lovingkindness in the morning. For in You do I trust; cause me to know the way in which I should walk, for I lift up my soul to You.” (David has the expectation of God’s mercy in the morning and he is looking to God for direction and restoration of his oppressed soul)

v9 “Deliver me, O LORD, from my enemies; in You I take shelter.” (Choosing by an act of will to trust in the Lord.)

v10 “Teach me to do Your will, for you are my God; Your Spirit is good. Lead me in the land of uprightness.” (You need to be willing to be taught and led.)

v11 “Revive me, O LORD, for Your name’s sake! For Your righteousness’ sake bring my soul out of trouble.” **Revive me**; restore my spiritual vitality. David wants to be in a better place.

v12 “In Your mercy cut off my enemies, and destroy all those who afflict my soul; for I am your servant.” (You need to have a servant attitude of submission to God)

The overwhelming of the spirit is depression. Looking to God, praying and praise is the path you need to take. You can choose to praise, to look to God where your will can influence your feelings and intellect.

Application: Meditation on this Psalm, take note of how the enemy attacks and how David countered it. Look at your responses, use them as the basis for your prayers for those you know suffering depression.

