

**Psalm 142 – A Psalm of Lament**  
*James Muldoon - Carey Baptist Church – 3 May 2015*

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Introduction

- What does this morning's psalm make us ask?
- What is a psalm of lament?

Psalm 142

- What does David do four times in v1-2?
- What does he receive in v3a?
- What is he going through, according to v3b-4?
- What does he find in the Lord in v5?
- What do we have in v6-7a?
- Why does David pray like that?
- On what note does the psalm finish in v7b?
- Give some examples of suffering which we might experience today.
- Is it true that the Christian life is just one triumph after another?
- Do we handle trials just like everyone else?

Lessons

- What is the first lesson about tackling trouble we can see here?
- What does it mean that the Lord knows David's way in v3?
- How does knowing that help us when we suffer?
- How is the Lord described in v5?

- What is the difference between being interested in someone and being their refuge?
- What does God provide for us?
- Does all this make our trials disappear?
- What does it do, then?
- What is the second lesson about tackling trouble we can see here?
- What is a wooden but literal translation of v1?
- What does this verse teach you to do and what does it teach you not to do?
- How can we pray in times of trouble according to v2?
- Which other verse from Psalms talks about pouring our hearts out before the Lord?
- What is David's praying like in v6-7a?
- How do we sometimes overcomplicate prayer?
- How can we pray when we're in agony of spirit?
- What is the third lesson about tackling trouble we can see here?
- What does David want to happen in v7b?
- What happens when we have the same attitude in our suffering?

### Conclusion

- How do David's words challenge you if you are not a Christian?
- What do you need to do if you are not a Christian?