



Psalm 142 - 2

Explain the Context:

From your reading provide a short answer to the following:

What is the theme of these verses?	What is the BIG Idea?
What is something that surprised you?	What are these verses <i>not</i> saying?

Take a moment to consider these questions:

- 1) How is David's honest expression of complaint encouraging to you?

- 2) How have you been challenged to cry out to God with honest expressions from reading the Psalms of David?

3) Think about a time you felt “no one cared for you”. How did God meet you in that place?

4) David reminds us that even at our lowest point, God is our strength and protector. Remind yourself of the times God has been your strength and protector.

5) David talks about his distress being like a prison he wants God to set him free from. How does your distress feel like a prison to you and how has God shown His goodness in setting you free?

Apply the Scripture

Write the verse that stood out to you while reading [in this translation or your favorite].

How does this verse challenge you? Does it reveal an attribute of God's character?

For further study:

- Psalm 30:8
- Psalm 143:4
- Job 11:20
- Psalm 16:5
- Psalm 27:13
- Psalm 116:6