

1 I CRY ALOUD TO THE LORD; I LIFT UP MY VOICE TO
THE LORD FOR MERCY. 2 I POUR OUT BEFORE HIM
MY COMPLAINT; BEFORE HIM I TELL MY TROUBLE.
3 WHEN MY SPIRIT GROWS FAINT WITHIN ME, IT IS
YOU WHO WATCH OVER MY WAY. IN THE PATH
WHERE I WALK PEOPLE HAVE HIDDEN A SNARE
FOR ME.

PSALM 142:1-5

4 LOOK AND SEE, THERE IS NO ONE AT MY RIGHT
HAND; NO ONE IS CONCERNED FOR ME. I HAVE NO
REFUGE; NO ONE CARES FOR MY LIFE. 5 I CRY TO
YOU, LORD; I SAY, "YOU ARE MY REFUGE, MY
PORTION IN THE LAND OF THE LIVING."

PSALM 142:1-5



DAVID

THE LIFE + TIMES OF
ISRAEL'S EMBATTLED KING

PSALM 142

V. 1-5

DAVID

1 I CRY ALOUD TO THE LORD; I LIFT UP MY VOICE TO
THE LORD FOR MERCY. 2 I POUR OUT BEFORE HIM
MY COMPLAINT; BEFORE HIM I TELL MY TROUBLE.
3 WHEN MY SPIRIT GROWS FAINT WITHIN ME, IT IS
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WHERE I WALK PEOPLE HAVE HIDDEN A SNARE
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PSALM 142:1-4

DAVID

4 LOOK AND SEE, THERE IS NO ONE AT MY RIGHT
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REFUGE; NO ONE CARES FOR MY LIFE.

PSALM 142:1-4

DAVID

**PROCESSING EMOTIONS - APPROPRIATELY
ACKNOWLEDGING, EXPERIENCING, AND
EXPRESSING EMOTIONS.**

DAVID

DAVID

**SUPPRESSING EMOTIONS - WHEN WE DON'T
APPROPRIATELY ACKNOWLEDGE, EXPERIENCE AND
EXPRESS EMOTIONS.**

DAVID

5 I CRY TO YOU, LORD; I SAY, "YOU ARE MY REFUGE,
MY PORTION IN THE LAND OF THE LIVING."

PSALM 142:5

DAVID

DAVID

7 CAST ALL YOUR ANXIETY ON HIM BECAUSE HE
CARES FOR YOU.

1 PETER 5:7

DAVID

8 TRUST IN HIM AT ALL TIMES, YOU PEOPLE; POUR
OUT YOUR HEARTS TO HIM, FOR GOD IS OUR
REFUGE.

PSALM 62:8

DAVID

DAVID

2 I POUR OUT BEFORE HIM MY COMPLAINT; BEFORE
HIM I TELL MY TROUBLE.

PSALM 142:2

DAVID

DAVID

HE IS WITH US
AND HE GETS IT

DAVID

18 THE LORD IS CLOSE TO THE BROKENHEARTED
AND SAVES THOSE WHO ARE CRUSHED IN SPIRIT.

PSALM 34:18

DAVID

DAVID

HE GIVES US
A FAMILY

DAVID

HE WILL RETURN
TO TAKE
THE PAIN AWAY

DAVID

DAVID

*WHAT A FRIEND WE HAVE IN JESUS
ALL OUR SINS AND GRIEFS TO BEAR
EVERYTHING TO GOD IN PRAYER
OH, WHAT PEACE WE OFTEN FORFEIT
OH, WHAT NEEDLESS PAIN WE BEAR
ALL BECAUSE WE DO NOT CARRY
EVERYTHING TO GOD IN PRAYER*

WHAT A FRIEND WE HAVE IN JESUS

DAVID

*CAN WE FIND A FRIEND SO FAITHFUL
WHO WILL ALL OUR SORROWS SHARE?
JESUS KNOWS OUR EVERY WEAKNESS
TAKE IT TO THE LORD IN PRAYER
ARE WE WEAK AND HEAVY-LADEN,
CUMBERED WITH A LOAD OF CARE?
PRECIOUS SAVIOR, STILL OUR REFUGE—
TAKE IT TO THE LORD IN PRAYER;*

WHAT A FRIEND WE HAVE IN JESUS

DAVID

*DO THY FRIENDS DESPISE, FORSAKE THEE?
TAKE IT TO THE LORD IN PRAYER;
IN HIS ARMS HE'LL TAKE AND SHIELD THEE,
THOU WILT FIND A SOLACE THERE.*

WHAT A FRIEND WE HAVE IN JESUS

DAVID

DAVID