



“A Prayer for the Overwhelmed”

Psalm 142

Sermon series: “Summer in the Psalms”

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Sunday, July 31, 2016

Psalm 142

¹ With my voice I cry out to the Lord;
with my voice I plead for mercy to the Lord.

² I pour out my complaint before him;
I tell my trouble before him.

³ When my spirit faints within me,
you know my way!

In the path where I walk
they have hidden a trap for me.

⁴ Look to the right and see:
there is none who takes notice of me;
no refuge remains to me;
no one cares for my soul.

⁵ I cry to you, O Lord;
I say, “You are my refuge,
my portion in the land of the living.”

⁶ Attend to my cry,
for I am brought very low!
Deliver me from my persecutors,
for they are too strong for me!

⁷ Bring me out of prison,
that I may give thanks to your name!
The righteous will surround me,
for you will deal bountifully with me.

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What are some takeaways from David's Psalm 142?

1. When "the heat is on," you **better** have your **own** faith!
2. When you feel alone, God **never** leaves you **alone**.
3. When you pray, pray with **honesty** and **humility**.
4. When you pray, acknowledge your **insufficiency** and God's **sufficiency**.
5. When you pray, realize it's not to **inform** God of your situation but to **prepare** us to receive what He has done for us.

- Audio and video recordings of this message and an outline (with answers) will be posted to the Grace website later today at www.atgrace.com/sermons. Order CDs in the Grace Café.
- A list of songs played during the contemporary service (along with iTunes links for each) can be found at www.atgrace.com/songlist.