

CAVE SONGS, Psalm 142

PSALM 142, is a maskil, instruction Psalm that takes place in a cave when David is running from King Saul. Its a prayer Psalm, most are just that, prayers to God by certain individuals that penned their prayer for us to read!

It's been said that "God is all we need". As true as that may be what does that mean practically? Sometimes it takes getting to the place where God is all we have for us to realize that God is all we need.

David, the giant slayer, at this point was anointed to be king, but not yet appointed, he was a king on the run, wanted man & hunted incessantly, **public enemy #1**, for no crime at all... He was carrying a promise from a prophet with a bull's eye on his back.

Finds himself **in a cave, feeling alone**, abandoned, & betrayed. He looks to his right where your closest confidants should be, and finds no one standing beside him. He was without a person to care for his soul.

David was in a cave, in the dark, desperate & all **alone**. Until he realized, God was all he had, he didn't realize God was all he needed, and that God was His rich reward, or portion! This is one of David's cave songs! It's a Psalm, like many, that starts in desperation, and finds Jesus along the way, end ends in hope.

PR, Adventure search,... horses, scuba, shut down.... Too late, 9am, **jungle tour**... only us and Nick, Cueva Arco, rappelling 125ft, river hike, pure water, Gideo, ocean was up here, fossils, Psalm 104, talking about Jesus, hope... **River Cave**...

Video, hiking out of the valley, up mountain, coffee fruit, guava fruit, plantains...drive back "best day at work ever", thanked him for sharing the adventure, decision to make some day... one place He won't live... what do you think?

Background.....

David was chosen to be a future king as young boy, played music to soothe the nerves of Saul the current king, slayed a giant for all of Israel, became the king's fav. Until the country woman started singing about how great David was, better than Saul

Saul was jealous, began chucking spears, giving David his worst daughter to be a snare (trap), trying to get his son, David's BFF, Johnathan to kill him, and chasing after David across the entire countryside, not for a few days, weeks, or months...but years! Imagine, anointed king to be by great prophet Sam, and chased down

2 cave incidents occur in **1 Sam 22 & 24, Adullam** and in **En Gedi**. Psalm 57

In **En Gedi**, Sam 24 David spares Saul's life, he is with his friends, & tears off Saul's robe, he would not kill the current appointed king by God.

Adullam, 22 David is on the run from Saul and the Philistine King, Achish... ends up **alone in a cave**. This may be where David is...may not. I am sure if he spent yrs on the run he spent many nights in caves. Psalm 142 could have been written anywhere...

142 I **cry out** to the Lord with **my voice**;

With **my voice** to the Lord I make my **supplication**. (plead for mercy ESV)

David cries out, with his voice, He is talking to God, out loud, asking Him for mercy. Notice David isn't telling God what **he deserves better**. David isn't taking the **entitlement road** here, "Look God, I'm the future king, i deserve better"... His angle towards God is from humility, trust, he's asking, pleading for **mercy**.

David knew there were many ways to cry out to God, in thought, feeling, action. Here he used his voice, silent feeling were not enough for this situation. Praying out loud can be so good for the soul, and wandering mind!

David was praying with **urgency, fervency**, and intention. He knew his God was actually **listening to his every word**...

Do we pray the same way, as if God is really listening? Or is our prayer life a series of redundant words thrown at the wall to see if it will actually stick? Or do we pray as if to a Father that cares, listens, and is really wants to help us with our troubles?

If we look at God as one who intimately cares it changes how we approach Him!

Something about caves.... Caves are usually dark, which is symbolic of being in a fearful place, lonely place, desperate place.. A needy place.

"Caves make good closets for prayer; their gloom and solitude are helpful to the exercise of devotion. Had David prayed as much in his palace as he did in his cave, he might never have fallen into the act which brought such misery upon his later days." (Spurgeon)

Lord I make my **supplication**. Supplication (asking) this reminds me of Paul's prayer.... **Philippians 4.6** Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; **7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.**

2 I **pour out** my **complaint** before Him;

I declare before Him **my trouble**.

David isn't telling God things he doesn't already know. It's actually for his own benefit and relief that he pours it out on the pillow. Sometimes you just need to let it out, shout it out, and pour it out to Jesus. Remember He is always listening intently to every word!

Not like he is **complaining about God**, blaming God, or pointing a finger at God. That complaining would be sin, like the Israelites complaining about eating manna in the wilderness.... Here, david is

sharing with God his worries, fears, and hurts. David is genuinely seeking the Lord and just pouring out his heart to Him...

“it is not **merely words** that you have to utter, you have to **lay all your trouble** before God. As a **child tells its mother** its griefs, tell the Lord all your griefs, your complaints, your miseries, your fears. **Tell** them all out, and great relief will come **to your spirit.**” (Spurgeon)

3 When my spirit was **overwhelmed** within me,
Then You knew my path.
In the way in which I walk
They have secretly set a snare for me.

David was a hunted man, Saul had sent 3000 troops after him for years, laying traps, town folks were dimming David out along the way. There were traps set out to ensnare David...

He was **Overwhelmed**: “David was a hero, and yet his spirit sank: he could smite a giant down, but he **could not keep himself up**. He did not know his own path, nor feel able to bear his own burden.” (Spurgeon)

While I was over my head, in deep, blind by darkness and fear...then, right there God you knew where I was and where I was going....

David also knew that as he depended upon Him, God could preserve him from secret snares.

When we don't even know our own way to go, or where our feet may lay....Jesus is the path, the door, the light, and our refuge! What a friend and sherpa we have in Christ!
But David, is in the dark, all alone...

4 Look on my **right hand** and see,
For **there is no one** who acknowledges me;
Refuge has **failed** me;
No one cares for my soul.

David isn't being dramatic, he is telling the truth to a Lord that already knows, but he is sharing his trouble with God, like a son to a father. David is in a cave, hunted like a criminal, all alone...

I looked to the right, expression signifies where your council or witness stood, the right hand was where your strength came from, found in others in this context. David looked to his right, and **saw no one, nothing, there was no body** standing with him at this low point in his life. He felt alone, as if any sense of refuge had failed him...

It makes me think of our Lord and Savior JC, on the cross, his disciples had fled, left him in the lurch, all alone. To His right was a murderer or a thief, who was poking fun at him. Refuge on earth had

failed him, on his right hand was a nail, not an advocate, rightly Jesus could say no one cares for my soul... like david did... **No one cares for my soul...**

Phrase stuck to me like glue, it echoed in the hollows of my head memories of my troubled teens, wandering the country by thumb, not a care in the world, not a friend to be found, lonely and sleeping in caves sometimes myself... **"No one cares for my soul"** was the song playing in my mind. I felt alone and like there was no place of refuge, safety or security.... What dark time, had I only known, or heard about the true Jesus....maybe I would have called out to Him!

"We have companions in joy, but sorrow we have to face ourselves. Unless we have Jesus with us in darkness, we have no one"

David felt the sting and sorrow of solitude...he felt alone in the darkness until he really started to sing his CAVE SONG in verse 5....

5 I cried out to You, O Lord:

I said, "You are my refuge.

My portion in the land of the living.

David was working this prayer out, pouring it out, dropping his guard, letting it all out. He realized, *I am* all alone when it comes to companions and people, so he cried out to God once again, but now he said with his voice something earth shattering that echoed soothing sound waves through his soul... **"You are my refuge"**. **You God**, are my safety, security, It's YOU God that is my provider, protector!

All this time I was looking to men for comfort, found little hope there... and now, I find you Lord, you're all I need... you're my hiding place, shelter in the storm, help, my hope!

Don't Make mistake of making God your refuge later, when things are tough. "Do my own thing for now." You don't wait until a storm comes to start building a house... Make God your refuge now. Turn from sin... run to him day after day...

If David had not cried he would not have said God you are my refuge.... If he had not said you are my refuge he would never have been his portion. The lower step was needed to reach the higher step" Paraphrased Spurgeon

What's a portion, you only get so much Jesus, that's your portion? NO, portion, Khalek, is your share, inheritance, parcel, award or **reward!**

David is realizing that his house, wife, family, friends, status, comforts from home were not his portion to seek after. But that God Himself was the ultimate prize and inheritance, the thing he so desired in life,....was found in Jesus!

My portion, is also translated from a phrase that means **"all that I desire in life"**

Psalm 57, another Cave Song...

1 Be merciful to me, O God, be merciful to me!

For my **soul trusts in You**; (you are my portion, all I desire)

And in the shadow of Your wings I will **make my refuge**,

Until these calamities have passed by.

2 I will cry out to God Most High,

To God who performs all things for me.

3 He shall **send from heaven and save me**; (Jesus)

He reproaches the one who would swallow me up. (Satan)

God shall **send forth His mercy and His truth (Jesus is mercy and truth)**

God will send his truth, Jesus, when we are in a storm, but HE doesn't promise to whisk us away. He will cover us, shelter us, walk with us through it...be our refuge, be our portion...our prize, while we go through the storm. He promises to not allow the storm to destroy us, but that doesn't mean it won't affect us....or drench us at times!

Like a watch, waterproof. Wearing one doesn't mean there will never be a storm... When there is one...you take it out into the rain it will get wet, but the water tight rating promised the watch won't be destroyed.

David is singing **his Cave Song** here. Its echoing in the depths of his soul, the Lord, the Lord is his all in all, his hope, his right hand man, his strength, his glory and joy! David is singing a prayer of desperation, but now leaning on the Lord entirely, finding God is all he needs! What a great Cave Song....

From here, he asks God from a new perspective I think...

6 Attend to my cry,

For I am brought very low;

Deliver me from my persecutors,

For they are stronger than I.

In total humility David the giant slayer admits, God I can't face this without you. I am too weak, they are stronger than me, but I know , they are not stronger than You Lord! So tend to me, hear me, help me...I am leaning solely on you now LORD.

Notice David's situation didn't change, he's still alone in a cave, Saul is still after him..., but his perspective changed. He saw God as all he needed, and here he pressed in and leaned more deeply into Christ and continued this Cave Song with passion and raw open feeling..

7 Bring my soul **out of prison**,

That I may praise Your name;

The **righteous shall surround me,**
For You shall **deal bountifully** with me.”

David sums things up, set me free God, ‘Ill keep singing this Cave Song long after I am in the light of day. The righteous shall surround me... If this actually took place in the cave in Adullam, where David was in fact alone... here is what happens next in

1 Samuel 22... David left Gath and escaped to the cave of Adullam. When his brothers and his father’s household heard about it, they went down to him there. 2 All those who were in distress or in debt or discontented gathered around him, and he became their commander. About four hundred men were with him.

David was alone, asks God to bring him out of prison, to praise his name, then the righteous shall surround me...that is in fact what happened next in the cave in Adullam... his family and a bunch of misfit rebels who would later be his key men during his rule in Israel would come directly to this cave to David’s side, but not until David discovered that while he had nothing, he realized that Jesus was all he needed! Corrie Ten Boom “You may never know that Jesus is all you need until Jesus is all you have”

Vs 4,5,6, & 7 scream out the gospel...

4 is a recognition of absolute **desperation, need more hope**

5 realizes that Jesus is all I need, He is what I’ve been looking for

6 asks Jesus for help...for Him

7.... Gets **delivered from sin**, into new life, begins to praise Jesus **to all ppl**, gets involved with a good church family, and is promised a place and inheritance in heaven.... Deal bountifully

David wasn’t afraid to cry out to God and use his voice to pour out his complaints to God, for David knew what we ought to know better...that Jesus is more than listening...He cares what we say to him. He cares for us and the things that are bothering us. WE should pray in a way that knows our God loves us!

There are times we feel, even surrounded by friends that we are alone in some suffering or difficulties.... Have you gotten to the point when you realized that Jesus is all you need? Why is it that we don’t run to Him first, all the time? IDK! He will meet us wherever we are at...in a cave, in the sun, in the depths of the sea. We can sing our prayers to Him...And when He does meet us, deliver us.... We’re called to share this hope we have with others...

Pray, reach out to Jesus early, and sing your Cave SONG to Him, he is listening and loves you desperately, need only look to the cross to see the proof of his love.

Recap Summering in the Psalms

Ch 1 Happy the man who walks with God, “Walk Don’t Sit”

Ch 8 “*THE* Name to be Praised, a Life of Praise” Jesus Name, who he is, his nature, what He has done...worth our praise and worth exemplifying

Ch 19 “3 Part Harmony” General, Specific, Personal Revelation

Ch 23 “The 99 for 1 Shepherd” Jesus the good shepherd left it all for you, left heaven, our green lush pasture heaven

Ch 27 “Wait, Seek, Repeat” The goodness of the Lord in land of living

Ch 32 “Raise the Roof with Shouts of Joy” Freedom of confession, teh Joy of right relationship

Ch 42-43 “Dare to Hope” even the writers of the Bible were depressed at times but they still dared to hope in Christ

Ch 51 “Powder” crushed by the love of Christ, HIs forgiveness, own your sin, turn to God, tell someone!

Ch57 “Trusting When Troubled” Confidence in the LORD, not our abilities situations....

Ch 59 “Pouring it Out on the Pillow” Don't keep it in, pour out your heart to God, and fall in love with Him

Ch 63 “Got Thirst” we are all thirsty, every day, but how do we quench that thirst, with who?

Ch 71 “The Continuing Well” God's way to grow old is to develop a walk with Him now, & Continue Well.

Ch 73 “Green Seeds. Envy & Doubt” God is truly good, the grass isn't really greener, it's astro turf, fake

Ch 91 “Where Do We Dwell” Dwelling in the Lord, an invitation to an everlasting relationship

Ch 139 “ The Pursuit of You” Anywhere, God is there...pursuing you!

Ch 142 “Cave Songs”

The Psalms are a book of songs....but more so a book of prayers!

We rae to be immersed in these Psalms, know the words of these prayers, and use this Inaguage in our own prayer life!

Tim Keller, “ A profitable prayer life is impossible without God's word. “

Eugene Patterson Book answering God says we only **pray well** when we are immersed in the scripture.

Keller... We learn our prayer vocabulary the way that children learn their vocabulary by reading. Being immersed in the scriptures. What they're reading are reading a language and then they speak it back they hear a language in the late speak it back. Reading out loud is wonderful.

Eugene Peterson says our prayer life would be enriched if we were immersed in the psalms because the psalms is the prayer book.

The psalms really shows you that you can be unhappy in God's presence. It also shows that you have permission to pour out your complaints to God in a way that is appropriate. But in the end the psalms demand that you recognize the goodness of God when you're in His presence. Therefore the complaining stops in the praise and begins and then the rejoicing is an outburst of telling people about how good God is.

Pray in and through the Psalms, every day if you can. Read a Psalm...

Community Group Questions

1. Have you ever been in spelunking in cave, or on a hiking, canoeing, boating adventure in the dark? Share briefly.
2. David felt alone, cornered and afraid... in the dark. Can you relate? Find the four “good” ways David dealt with this problem in verse 1&2. Name some alternate “bad” ways we can, and often do deal with such adversity... What does this teach us?
3. What verse best tells us that David felt alone? What is “refuge” and why had it failed David?
4. Verse 5 takes a turn...how? How did David go from *failing* refuge to *finding* refuge? What does it mean that “You are my refuge”, what does that practically look like in your own life? Where is your first place of refuge you run to most days, honest!?
5. Vs 6....“My portion in the land of the living” What does “portion” really mean? How do we “make” Jesus our portion in the day to day? How does Him being our portion change our perspective and direction?
6. For fun, can you see the Gospel in this Psalm? What is the gospel, what are some key components of the Gospel?