

Christ Church Huntingdon All Age Sermon Psalm 142 10th May 2020

Good morning everyone, it's great to be looking at Psalm 142 together, the last of our "Songs of Refuge". It teaches us a lot about prayer. And I want to talk especially to the children today.

Let's read v5.

Kids, as Jon mentioned earlier, this Psalm or song was sung by King David when he was in a cave! It says it right at the top. *"A maskil (or song) of David, when he was in the cave. A prayer"*.

Now like many of you, the times when I've been in a cave has normally been fun, when I've been on holiday, and it's been amazing seeing stalactites and stalagmites underground. I love all that stuff!

But for David it was a pretty tough time for him. I don't think he was there because he was interested in the rocks. He was there because he was running away¹. He was in lockdown! Verse 6 says that people are running after him, and v7 says that his cave feels more like a prison than a cave. Maybe some of us stuck at home feel a bit like that sometimes, especially when we can't play football or see our friends.

Well this Psalm is in two parts, and both teach us about prayer. So we'll look at each half in turn with a song in the middle.

In the first half we learn that we can... CRY OUT TO THE LORD WHO SEES (v1-4)

Kids, you will remember lockdown all your life, and one day you can tell your grandchildren about it and what you did. I guess you will look back on fun times, but also there may be boring or even sad times as well.

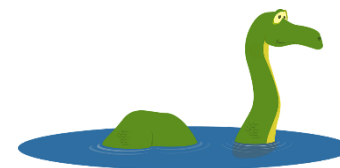
Well David was in lockdown here 3000 years ago, and though his cave was a safe place, it was still a time of worry when life was difficult. But he learned that he could cry out to God: v1 *"I cry aloud to the Lord, I lift up my voice to the Lord for mercy"*.

¹ This may have been in 1 Sam 22, though there are other times when David was in a cave (see 1 Sam 24 and 2 Sam 17 and 23). Another Cave Psalm is Psalm 57.

For each of us, there will be happy times in your lives, and sad times too, but never forget that you can *cry out to the Lord*. We can talk to God in prayer any time of the day or night. We can tell him how we are feeling.

The word "cry" can actually mean "shriek". I'm sure some of you kids can do a good shriek- we won't ask for it now! But we can really cry out to God when times are difficult, out loud or in our hearts. That's what David discovered, we can cry out to God. That's what this Psalm is all about.

We don't deserve God's help (that's why it's called "Mercy" in v1), you see David wasn't perfect and he needed God to forgive him, which he loves to do. We have a girl in church called Mercy, working in the hospital, and we are praying for her at the moment. Her name reminds us that when we cry out to God, he doesn't help us because we are any good, but because HE is good. What a comfort.



Now here's where I turn to my picture. Does anyone know what this is? It's Nessie the Loch Ness monster. Well David faced three monsters that we may be facing at the moment, all end with "ness".

The first is ... WEARI-"NESS"



Look at verse 3. *"When my spirit grows faint within me, it is you who watch over my way"*

I bet some of the parents are feeling weary at the moment, they've been looking after you kids for 7 weeks now, having to do their own work as well as teaching you fractions and simultaneous equations, which they weren't trained for! David was tired. More than that, he was feeling very low, very sad. *"My spirit grows faint within me"*, he says. But wonderfully David learned that in his weariness and sadness, he could talk to God about it, because God knows about it, even if no-one else did. He watches over us, he knows our way! What a comfort. **Cry out to the Lord who sees!**

The second is UNFAIR-“NESS”

Verse 3 it says *“In the path where I walk, people have hidden a snare for me”*. Poor David, people were hunting him like a wild animal. That wasn’t fair. He was actually God’s choice for a king, not a wild boar!



And there are folk in our church who are facing situations that are unfair right now. They haven’t done anything to cause them, but people are against them. Maybe as well as Coronavirus they are facing a difficult family situation, or are losing their jobs. It’s not easy, it’s not fair. But wonderfully God knows. He knows the right from the wrong, and he understands. **Cry out to the Lord who sees.**

And the Third is perhaps the most painful of all... LONELI- “NESS”



Look at all the “no-ones” in verse 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”*.

It’s one of the hardest things in life to be lonely. God meant us to be in friendships. That perhaps was the hardest thing for David in that cave. Being on his own. And some of you might be missing your friends, and I bet some of your grandparents are missing you. Well God knows when we are feeling lonely, he does care. He is there for us and with us. **Cry out to the Lord who sees.** David tells us in this Psalm that nothing is too big for God, and that we must cry out to the Lord who sees.

Let’s sing a song about that now².

Well, we’ve learned from David in the cave that we can **cry out to God because he sees**. What a relief that God saw and knew exactly how David was feeling. But could God do any more than that?

Yes the 2nd half tells us to...**2) CRY OUT TO THE LORD WHO SAVES (v5-7)**

In verse 1 David said “I cry aloud to the Lord”. He talks about his prayers. It’s easier to talk about prayer than to do it! But in verse 5 he actually gets on with it and cries out to God! Verse 5: *“I cry to you LORD, I say “you are my refuge, my portion in the land of the living”*. I hope we will do that!

² [Nothing’s too big, big, big for his power, nothings too little little for his care](#)

(By the way portion isn’t about how many vegetables he is eating it is speaking about how God is all he needs to survive). Maybe kids, in the last few weeks you have been doing some colouring while the adults have been listening to the sermons on these Psalms³. But were the parents really listening, or were they just on their phones?! You can ask them if they have actually been taking these Psalms on board! I do hope that we are all going to be changed by these Psalms. I hope we don’t talk about crying to God (v1), but that we actually learn to do it in everyday life. I hope that like in verse 5, we actually learn to call out to God.

And the reason we should is because God doesn’t just see, he saves!

Look at the verses: *“Listen to my cry, for I am in desperate need; rescue me from those who pursue me, for they are too strong for me. Set me free from my prison, that I may praise your name. Then the righteous will gather about me because of your goodness to me”*.

Do you know what happened to **David**? He became the King, and everyone recognised it. He was rescued. Shortly after this time, a band of people gathered around him, and his enemies were killed and he became King of Israel. Just like the final verse says, *“the righteous will gather about me because of your goodness to me”*.

And do you know what happened to **Jesus**? He faced some really difficult times. In fact, Jesus was killed and put in a cave, dead. But God brought him out of the cave alive. And his friends gathered around him and ate fish together! God was so good to him and his friends. And one day everyone will see that Jesus is King, and all who follow Jesus will be gathered around his throne. He is the true King that King David points towards. God set him free from his prison, and one people will gather round him. And we can trust God that he will do the same for us. So we need to Cry out to the Lord who saves. One day we will be out of our homes. But more importantly, one day we will be with Jesus in his home.

I wonder if you have learned to cry out to the Lord who sees and who saves? That’s how to become a Christian- ask God to save you from your sin. And it’s how to carry on as a Christian. Asking God to help you in every situation in life. **Let’s finish with a prayer.**

³ Psalms 46, 2, 91. See our [website](#) for recordings and further info.