

Songs from a Broken Heart Do You Ever Feel Alone?

Psalm 142

Grace Fellowship Church, Pastor Brian Fannin, July 30, 2017

One-third of these psalms are laments. Sorrow, anger, fear, longing, confusion and disappointment are found here—the depths of human emotion. Psalm 142 is one of these Psalms; a Psalm many identify with.

What are we to do when we find ourselves alone?

1. **Come to terms that life, no matter how good things are right now or how bright things look for your future there are life-turns that are caves of trial.**

“Life is difficult, period. This is a great truth, one of the greatest truths”.

-Dr. M Scott Peck

2. **When you find yourself in the caves of loneliness, what you do impacts your growth and change as a follower of Christ.**

- a. **Cry out to God.**

- b. **Pray with words.**

¹Israel, return to Yahweh your God,
for you have stumbled in your sin.

²Take **words** of repentance with you
and return to the LORD.

Say to Him: “Forgive all our sin
and accept what is good,
so that we may repay You

with **praise from our lips**. Hosea 14:1-2

(HCSB; *emphasis added*)

- c. **Tell God plainly what you FEEL (V4)**

- d. **Run to God for refuge. (V5)**

A refuge is a place of escape, a place for protection, a place where we gather ourselves. We all will go somewhere when we hurt. Where do you go?

Matt 11:28 “come to me all who are weary and heavy laden, and I will give you rest....learn from me, for I am gentle and lowly in heart, and you will find rest for your souls”

Psalm 46:1 God is our refuge and strength, a very present help in times of trouble

Do you run to God? Do you have godly humility where you realize truth? Some things are overwhelming, and may be too strong for you. David realized this and anticipated what God would do!

e. Express hope, speaking of God's faithfulness, which can lead you to greater thankfulness. (V7)

We see in v.2 that David spoke to God about how he felt. **BUT, he did not stay there.**

John 16:33 "... In this world you will have tribulation. But take heart; I have overcome the world."

We see that David has hope and a view of personal interaction with God. Giving God a reason to answer. He says, "Bring me out...**SO THAT I MAY GIVE THANKS TO YOUR NAME.**" [Meaning God's character.]

Sometimes we are so stuck in the here and now that we forget that God's plan is an eternal one. Between the promises of eternal life, where every tear is wiped away, there is pain of trial and caves of loneliness.

What cave are you in? Is it lonely there? Where are you turning?

- a. Are you praying for God to give you eyes to focus on Christ, where He is the source of your hope. That is the place to be. Turn from the intense focus on your circumstance.
- b. Tell God plainly how you feel. How you desperately need His help. Humble yourself.
- c. If you are sitting in cruise control, may you hear Micah 6:8; "hear mankind, what does the Lord require of you, but to act justly, to love mercy and to walk humbly with your God"...
- d. Pray honestly, God please deliver me, so that I will praise You.