

Do You Ever Feel Alone?

Psalm 142

Grace Fellowship Church / Matt Ross / July 30, 2017

In the cave of loneliness and despair, God is sufficient in Himself to provide all that we need.

1. Honestly pour out your pain & complaint to God (vs. 1-4)

“Pain insists upon being attended to. God whispers to us in our pleasures, speaks in our conscience, but shouts in our pain: it is His megaphone to rouse a deaf world.”-**C.S. Lewis, *The Problem of Pain***

Prayer like this comes from a place of genuine desperation. We often don't cry to God because we are proud. How long has it been since you really cried out to God regarding anything in prayer?

Romans 8:28-29 (ESV)

And we know that for those who love God all things work together for good, for those who are called according to His purpose. For those whom He foreknew He also predestined to be conformed to the image of His Son.

There is a way to complain that is honoring to God. When we complain rightly we are honest yet do not deny God's sovereignty, presence, knowledge, care, or goodness. We can be “sorrowful, yet always rejoicing” (**2 Cor. 6:10**) giving praise & thanksgiving in the midst of abandonment, betrayal & distress.

2. Think & speak the reality of who God is over your life (vs. 5)

“**I say...**” (**vs. 5**) means to think, call, declare, proclaim. This is how we begin to see our life through the eyes of faith.

“Christian faith is essentially thinking...it is a man insisting upon thinking when everything seems determined to bludgeon and knock him down...The trouble with the person of little faith is that, instead of controlling his own thought, his thought is being controlled by something else, and, as we put it, he goes around and around in circles...That is not thought; that is the absence of thought, a failure to think.”-**Martyn Lloyd-Jones**

A. You are my refuge

God is our protection & shelter. God is our hiding place where our soul takes up residence. This is a posture of the heart.

When trouble comes, is God your refuge? Is God where you take protection?

B. You are my portion in the land of the living

God is our reward, share, treasure & everything in this life even when we have nothing.

In moments of abandonment or betrayal, is God alone enough for you?

3. Inflate your confidence in God. Deflate your confidence in self (vs. 6-7)

The ability to ask of God demonstrates confidence in the character of God. It is taking the truth you know and putting it to work in faith and hope.

Supplication in prayer should always be doused in praise and glory aimed at God.

We must believe God is able to attend to our cries, deliver us from our persecutors, and bring us out of the prison we are enslaved to.

This psalm reminds us of Christ, the descendent of David, who poured out His complaint to God. Jesus, the eternal King, was abandoned and betrayed. He, the greater David, was cut off from God at the cross & was delivered over to death so that we would be delivered from death. He was forsaken so that those who hope in Him never will be.