

# Psalm 142 | Divine Refuge in Times of Distress | Finding Comfort in Prayer

7 verses • 47 seconds reading time • World English Bible

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## Psalm 142

<sup>1</sup> A contemplation by David, when he was in the cave. A Prayer. I cry with my voice to the LORD. With my voice, I ask the LORD for mercy. <sup>2</sup> I pour out my complaint before him. I tell him my troubles. <sup>3</sup> When my spirit was overwhelmed within me, you knew my route. On the path in which I walk, they have hidden a snare for me. <sup>4</sup> Look on my right, and see; for there is no one who is concerned for me. Refuge has fled from me. No one cares for my soul. <sup>5</sup> I cried to you, LORD. I said, “You are my refuge, my portion in the land of the living.” <sup>6</sup> Listen to my cry, for I am in desperate need. Deliver me from my persecutors, for they are too strong for me. <sup>7</sup> Bring my soul out of prison, that I may give thanks to your name. The righteous will surround me, for you will be good to me.