

Lesson 3 / Psalm 142 & 143

New International Version

Psalms 142

A maskil of David. When he was in the cave. A prayer.

1 I cry aloud to the LORD; I lift up my voice to the LORD for mercy.

2 I pour out my complaint before him; before him I tell my trouble.

3 When my spirit grows faint within me, it is you who know my way. In the path where I walk men have hidden a snare for me.

4 Look to my right and see; no one is concerned for me. I have no refuge; no one cares for my life.

5 I cry to you, O LORD; I say, "You are my refuge, my portion in the land of the living." 6 Listen to my cry, for I am in desperate need; rescue me from those who pursue me, for they are too strong for me.

7 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.

Psalms 143

1 O LORD, hear my prayer, listen to my cry for mercy; in your faithfulness and righteousness come to my relief.

2 Do not bring your servant into judgment, for no one living is righteous before you.

3 The enemy pursues me, he crushes me to the ground; he makes me dwell in darkness like those long dead.

4 So my spirit grows faint within me; my heart within me is dismayed.

5 I remember the days of long ago; I meditate on all your works and consider what your hands have done.

6 I spread out my hands to you; my soul thirsts for you like a parched land.

7 Answer me quickly, O LORD; my spirit fails. Do not hide your face from me or I will be like those who go down to the pit.

8 Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I lift up my soul.

9 Rescue me from my enemies, O LORD, for I hide myself in you.

10 Teach me to do your will, for you are my God; may your good Spirit lead me on level ground.

11 For your name's sake, O LORD, preserve my life; in your righteousness, bring me out of trouble.

12 In your unfailing love, silence my enemies; destroy all my foes, for I am your servant.

New Living Translation

Psalms 142

A psalm of David, regarding his experience in the cave. A prayer.

1 I cry out to the LORD; I plead for the LORD's mercy.

2 I pour out my complaints before him and tell him all my troubles.

3 For I am overwhelmed, and you alone know the way I should turn. Wherever I go, my enemies have set traps for me.

4 I look for someone to come and help me, but no one gives me a passing thought! No one will help me; no one cares a bit what happens to me.

5 Then I pray to you, O LORD. I say, "You are my place of refuge. You are all I really want in life.

6 Hear my cry, for I am very low. Rescue me from my persecutors, for they are too strong for me.

7 Bring me out of prison so I can thank you. The godly will crowd around me, for you treat me kindly."

Psalms 143

1 Hear my prayer, O LORD; listen to my plea! Answer me because you are faithful and righteous.

2 Don't bring your servant to trial! Compared to you, no one is perfect.

3 My enemy has chased me. He has knocked me to the ground. He forces me to live in darkness like those in the grave.

4 I am losing all hope; I am paralyzed with fear.

5 I remember the days of old. I ponder all your great works. I think about what you have done.

6 I reach out for you. I thirst for you as parched land thirsts for rain.

7 Come quickly, LORD, and answer me, for my depression deepens. Don't turn away from me, or I will die.

8 Let me hear of your unfailing love to me in the morning, for I am trusting you. Show me where to walk, for I have come to you in prayer.

9 Save me from my enemies, LORD; I run to you to hide me.

10 Teach me to do your will, for you are my God. May your gracious Spirit lead me forward on a firm footing.

11 For the glory of your name, O LORD, save me. In your righteousness, bring me out of this distress.

12 In your unfailing love, cut off all my enemies and destroy all my foes, for I am your servant.

Amplified Bible

Psalms 142

A skillful song, or a didactic or reflective poem, of David; when he was in the cave. A Prayer.

1 I CRY to the Lord with my voice; with my voice to the Lord do I make supplication.

2 I pour out my complaint before Him; I tell before Him my trouble.

3 When my spirit was overwhelmed *and* fainted [throwing all its weight] upon me, then You knew my path. In the way where I walk they have hidden a snare for me.

4 Look on the right hand [the point of attack] and see; for there is no man who knows me [to appear for me]. Refuge has failed me *and* I have no way to flee; no man cares for my life *or* my welfare.

5 I cried to You, O Lord; I said, You are my refuge, my portion in the land of the living. 6 Attend to my loud cry, for I am brought very low; deliver me from my persecutors, for they are stronger than I.

7 Bring my life out of prison, that I may confess, praise, *and* give thanks to Your name; the righteous will surround me *and* crown themselves because of me, for You will deal bountifully with me

Psalms 143

1 Hear my prayer, O Lord, give ear to my supplications! In Your faithfulness answer me, and in Your righteousness.

2 And enter not into judgment with Your servant, for in Your sight no man living is [in himself] righteous *or* justified.

3 For the enemy has pursued *and* persecuted my soul, he has crushed my life down to the ground; he has made me to dwell in dark places as those who have been long dead.

4 Therefore is my spirit overwhelmed *and* faints within me [wrapped in gloom]; my heart within my bosom grows numb.

5 I remember the days of old; I meditate on all Your doings; I ponder the work of Your hands.

6 I spread forth my hands to You; my soul thirsts after You like a thirsty land [for water]. Selah [pause, and calmly think of that]!

7 Answer me speedily, O Lord, for my spirit fails; hide not Your face from me, lest I become like those who go down into the pit (the grave).

8 Cause me to hear Your loving-kindness in the morning, for on You do I lean *and* in You do I trust. Cause me to know the way wherein I should walk, for I lift up my inner self to You.

9 Deliver me, O Lord, from my enemies; I flee to You to hide me.

10 Teach me to do Your will, for You are my God; let Your good Spirit lead me into a level country *and* into the land of uprightness.

11 Save my life, O Lord, for Your name's sake; in Your righteousness, bring my life out of trouble *and* free me from distress.

12 And in your mercy *and* loving-kindness, cut off my enemies and destroy all those who afflict my inner self, for I am Your servant.

The Message

Psalms 142

1 I cry out loudly to GOD, loudly I plead with GOD for mercy.

2 I spill out all my complaints before him, and spell out my troubles in detail:

3 "As I sink in despair, my spirit ebbing away, you know how I'm feeling, Know the danger I'm in, the traps hidden in my path.

4 Look right, look left—there's not a soul who cares what happens! I'm up against it, with no exit—bereft, left alone.

5 I cry out, GOD, call out: You're my last chance, my only hope for life!

6 Oh listen, please listen; I've never been this low. Rescue me from those who are hunting me down; I'm no match for them.

7 Get me out of this dungeon so I can thank you in public. Your people will form a circle around me and you'll bring me showers of blessing!"

Psalms 143

1 Listen to this prayer of mine, GOD; pay attention to what I'm asking. Answer me—you're famous for your answers! Do what's right for me.

2 But don't, please don't, haul me into court; not a person alive would be acquitted there.

3 The enemy hunted me down; he kicked me and stomped me within an inch of my life. He put me in a black hole, buried me like a corpse in that dungeon.

4 I sat there in despair, my spirit draining away, my heart heavy, like lead.

5 I remembered the old days, went over all you've done, pondered the ways you've worked,

6 Stretched out my hands to you, as thirsty for you as a desert thirsty for rain.

7 Hurry with your answer, GOD! I'm nearly at the end of my rope. Don't turn away; don't ignore me! That would be certain death.

8 If you wake me each morning with the sound of your loving voice, I'll go to sleep each night trusting in you.

Point out the road I must travel; I'm all ears, all eyes before you.

9 Save me from my enemies, GOD—you're my only hope!

10 Teach me how to live to please you, because you're my God. Lead me by your blessed Spirit into cleared and level pastureland.

11 Keep up your reputation, God—give me life! In your justice, get me out of this trouble!

12 In your great love, vanquish my enemies; make a clean sweep of those who harass me. And why? Because I'm your servant.