



PSALM  
142

You are my refuge, my portion  
in the land of the living.  
Attend to my cry.

(PSALM 142:5B-6A)

## STRUCTURE

- v. 1-2** Plea for mercy.
- v. 3-4** No one cares for my plight.
- v. 5-7** You are my refuge.

## AT A GLANCE

- FROM THE TOP** A Maskil of David, when he was in the cave. A prayer.
- OF A KIND** A psalm of lament.
- "MASKIL"** A musical or liturgical term.
- MORE TO THE STORY** See 1 Sam. 22 and 24 concerning David's time in the cave.

## CHRIST IS HERE

Christ cried out in confidence to His Father for deliverance, despite the wrath poured on Him in our place. He was raised from death and has shattered its prison for (v.7) us.



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Christ cried out in confidence to His Father for deliverance, despite the wrath poured on Him in our place. He was raised from death and has shattered its prison for (v.7) us.



David wrote this psalm when he was hiding in the cave, fleeing for his life. It expresses his loneliness and sense of abandonment. He is without resources and without help, yet he knows who has the resources and help that he needs. Though David is persecuted and pursued, he was ultimately triumphant. His cries for mercy and deliverance were answered. His situation is a beautiful foreshadowing of Christ's suffering, even being forsaken by His Father as He hung upon the cross. He too would be trapped in the "cave" of the tomb, and He too would be raised up, being brought from death to life. The righteous have indeed surrounded Him and will be with Him for all eternity.



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## USE IN THE CHURCH

**Antiphon:** v. 5c ("Let my portion, O Lord, be in the land of the living")

**In the Daily Office:** Fridays at Vespers;  
Vespers on Holy Thursday

**At the Divine Service:**

**Three-Year:**  
Psalm for Lent 4A (ant: v. 5)



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## SPIRITUAL CARE

- When facing temptation.
- When trouble is upon us.
- For trust in God's mercy.
- For the preservation of the Gospel (LSB 658).



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## PSALM PRAYER

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O Lord, with humble voices we plead to You for mercy. Give us hope in Your gracious promises that we may take our place with Your people in the land of the living; through Jesus Christ our Lord. **Amen.**

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