

PUSH THROUGH THE PAIN

A Lord's Flock General Assembly Topic

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Psalms 142 is a cry of prayer written by David to God on the difficulties he faced because of King Saul's pursuit against him. In the Book of 1 Samuel, David was serving famously to King Saul, and when he became more popular than the king, the king sought to kill him. David was in hiding in the cave of Adullam and in this point he coined this Psalm (1 Sam. 22:1). Psalm 142 shows the heart of David in the midst of pain, and because of his full trust to God, he pushed through the pain to the point of praising Him.

Psalm 142 shows the beautiful relationship between God and David:

1. David complains to God.

1.1 David starts the prayer by telling his actual status of difficulty and pour out all his concerns of the moment.

1.2 Our complaints have to be poured out to God in order to have the best solution. Like David, we are allowed to complain and not grumble; God as a Father surely understands our concerns in life.

2. David prays loudly for God's rescue.

2.1 David feels insignificant in the face of his troubles; therefore, he shouts to God for refuge.

2.2 We cry out for God's rescue and take us up above our challenges and not overwhelm us.

3. God is in the midst of David's troubles.

3.1 God is with David every step of the way and He is with us in all our troubles. He also knows our heart, mind, and pain in the difficult situations.

3.2 Some of our beautiful relationship with God was not borne in our victories but in the midst of our pain. The highest praise comes from the lowest place.

4. David goes to a safe place waiting for God's instructions (34:48)

4.1 1st Sam 22:3, "... please allow my father and mother to live here with you until I know what God is going to do with me".

5. God sets a plan for David.

5.1 God sets all the people and events to victory particularly in David's life, which he was not aware of. Our life is set by God even in the difficult moments so that we can achieve victory.

6. David leaves his pain to praise

6.1 David leaves his stronghold for Judah as advised by a prophet (1 Sam. 22:5)

6.2 Don't stay in our stronghold (pain) and go to our Judah (praising God). Our pain is not a place to dwell, but a starting point of worshipping and praising God.

Conclusion: God allows difficulties and pains in our life as He sets us up for something greater. David faced his dark days and wrote beautiful Psalms of prayer and praising God's mighty works for him. In our lowest point in life and as our pain is caving in, we have to push forward and get out of the cave for our own Judah, that is, our praise to God. Like David, it is in our complete trust in God that whatever circumstances we are in, our praise and love for God will never change.

Reflection:

1. What are the difficulties and trials in life that you need to cry out to God?
2. How do you strengthen yourself to face your life's pain?
3. What prayers can help you push through the pain and praise God?

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#PsalmofPrayer #PraisingGod
#DifficultiesandTrials