

Psalm 141 - A Psalm of David.

LORD, I **cry out** to You; (Sorrow, distress or alarm, an issuing of a summons for help
Make haste to me!

Give ear to my voice when I cry out to You.

² Let my prayer be set before You *as* incense,
The lifting up of my hands *as* the evening sacrifice.

³ Set a guard, O LORD, over my mouth;
Keep watch over the door of my lips.

⁴ Do not incline my heart to any evil thing,
To practice wicked works
With men who work iniquity;
And do not let me eat of their delicacies.

⁵ Let the righteous strike me;
It shall be a kindness.
And let him rebuke me;
It shall be as excellent oil;
Let my head not refuse it.

For still my prayer *is* against the deeds of the wicked.

⁶ Their judges are overthrown by the sides of the ^[a]cliff,
And they hear my words, for they are sweet.

⁷ Our bones are scattered at the mouth of the grave,
As when one plows and breaks up the earth.

⁸ But my eyes *are* upon You, O GOD the Lord;
In You I take refuge;
^[b] Do not leave my soul destitute.

⁹ Keep me from the snares they have laid for me,
And from the traps of the workers of iniquity.

¹⁰ Let the wicked fall into their own nets,
While I escape safely.

Psalm 142

I cry out to the LORD with my voice;
With my voice to the LORD I make my supplication.

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

³When my spirit ^[d]was overwhelmed within me,
Then You knew my path.
In the way in which I walk
They have secretly set a snare for me.

⁴Look on *my* right hand and see,
For *there is* no one who acknowledges me;
Refuge has failed me;
No one cares for my soul.

⁵I cried out to You, O LORD:
I said, "You *are* my refuge,
My portion in the land of the living.

⁶^[e]Attend to my cry,
For I am brought very low;
Deliver me from my persecutors,
For they are stronger than I.

⁷Bring my soul out of prison,
That I may praise Your name;
The righteous shall surround me,
For You shall deal bountifully with me."

CRY OUT - (Sorrow, distress or alarm, an issuing of a summons for help)

Is it easy for you to bring your difficulty before the Lord?

If it is hard why?

Do you think the Lord won't hear you? Thoughts

How do we know He hears us? **1 John 5:14-15**

What do you think it means when Scripture says that David was a man after God's own heart?
Acts 13:22?

But He knows the way that I take; *When* He has tested me, I shall come forth as gold. Job 23:10