

“I cry out to the Lord; I plead for the Lord’s mercy. I pour out my complaints before him and tell him all my troubles. Then I pray to you, O Lord. I say, “You are my place of refuge. You are all I really want in life.” Psalms 142:1-2, 5 NLT

lectio // Psalm 142

Psalm 142 are one of the “cave” Psalms. David extensively writes about his experiences while on the run, being hunted and hiding from a mad king - Saul. These Psalms are raw and real and I read them often while I was in several cave moments as a teenager. No one was hunting me, but I felt scared and trapped none the less. There were so many emotions and new realities to deal with! Life was rushing, no, crushing towards me and I had zero coping skills to face it. God, girl, family, future - it was presenting and pounding on me to change, adapt and carve a path FORWARD. That was the biggest problem, maybe it’s a cave response, I had to move forward but did not know how. I was stuck! I craved safety and solitude, but I was not allowed to have either. Looking back, I realize that there have been many times that the cave moments caved in on me. I would get stuck and try my best to not make any decisions, just stay in one place - frozen out of fear and distrust of a positive outcome in my future. These times were so unbelievably scary, like a dark cloud would envelope around me so that I couldn’t see or move ahead. In those times, some of them fairly recent, I would just hold onto God and with all my strength and try to just trust him. I could not see a way out, but, like David, I would force myself to see a good God. Often, I would croak out a desperate prayer, “God, if you are done with me, if this is the end, just take me - BUT I WILL NOT QUIT!” I still have to get my head around the hardest, truest fact of all (and David writes it). “You are all I really want in life!” Though I loose all family, friends, jobs, reputation, money and stuff - I will be satisfied if I am only left with God. It’s strange, but it’s very freeing when you’ve come to that point in life. I can start all over, if needed, but I must have Jesus!

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Dad,

And with that brutally, emotionally honest prayer of Psalm 142, I realize, I have EVERYTHING I need in you. All this other stuff is just bonus. If I get it, keep it or loose it, that’s up to you. But, I WILL not lose the one relationship, that saw me and saved me while I was nothing! And, “life is worth the living...” Bill Gaither wrote, “because He lives.” Thank you for this extraordinary thing called life. Thank you for every love, every friend that comes along the journey with me, but I am satisfied with you and you alone.

contemplatio

rest in the presence of God, allowing the words revealed to take root