

Psalms: A Prayer Book for All of Life
August 31, 2025 – Psalm 142
Take It To The Lord In Prayer

Message for today – When you voice your troubles to God, you are always going in the right direction

Crying out to the One who already _____

Lamenting our _____ to Him who is our _____

Bringing our lowness to His _____

Reflections
Psalm 142

Hear the Word

1. What is this passage telling me about who God is (His character, actions, attributes, Word)?
2. What contrasts do I see in this passage? What stands out about those?
3. What themes do I see here, and how do any of those connect with what I am currently facing?
4. What is the main purpose of this passage, and does it bring other passages to mind?
5. How does this passage point me to Jesus, and help me to see the gospel more clearly?

Do the Word

1. How do my actions, thoughts, words or emotions need to change in light of this passage?
2. How does my prayer life need to change as a result of this?
3. How do I need to grow in my trust in the Lord?
4. Do I see any other way that this should impact my worship of God?

Next Week: Acts 1:1-11