

DESPERATION WHILE IN ISOLATION
PSALM 142:1-7

Introduction

The times that we are living in right now with this pandemic are some of the most difficult and emotional times we have ever seen in our lifetime. That's because **there is a lot of uncertainty and we don't like uncertainty!** We like our comfortable "*ruts or routines*" and this pandemic has yanked us out of our "*ruts*" and flung us into a virtual twilight zone of uncertainty!

Most all of us have seen the news reports of **people responding to this crisis by stockpiling various resources** (like toilet paper, hand sanitizer, certain other things) **because of all the uncertainty!**

Some stockpile certain things to feel more in control in a seemingly out of control situation while others stockpile to prey and profit off of the fear and uncertainty of others! (And, by the way, that is just plain wrong!)

Many of us may have our own private "*stash*" of things we consider essential for a time such as this, and I'm not faulting that at all **as long as we are not trusting in our resources!**

We have seen the stock market tank because of all the uncertainty because many people are responding to all the uncertainty with fear!

We have seen and are seeing **decisions made and/or changed on a daily basis** by the leaders at all the various levels of our government—Federal, State, and Local—and it is all because of the uncertainty of what we are dealing with!

All their decrees can be mind numbing because some of them seem to change hourly and there really doesn't seem to be a consensus of how to deal with this pandemic! Many decisions are being made with uncertainty of what the outcome of those decisions will ultimately be!

I find it interesting that things that rightfully could be called the "*idols*" of our day were some of the very first things to be affected. (Sports venues, entertainment venues, leisure venues and more have been shut down!)

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As I talk of all these things, you may feel certain emotions welling up in you again! And that is NOT my purpose here!

But what I want you to see is that times of uncertainty, where we feel out of control, can compound and magnify all the various emotions that we are experiencing!

The book of the Psalms can be a tremendous help to us when we are dealing with practically any and every kind of human emotion. The LORD bares the very soul of the various Psalmists before us, especially the soul of David whose name is associated with the majority of the Psalms!

So, if you're dealing with emotional issues through this crisis or any crisis, you'll probably find something in the Psalms that you can identify with.

It is an extremely honest book revealing the inner thoughts, struggles, and needs of Godly men such as David.

(Let's read Psalm 142 and see one of those times of David's life!)

I. WE CAN SEE DAVID'S ISOLATION!

We can look at the *heading* of the Psalm and see that!

David, at this time in his life, was in a physical cave hiding from King Saul who was seeking him in order to kill him! David had fled from the hand of Saul and was holed up in this cave in much the same way as we are doing our best to flee this virus and stay holed up in our "*cave!*"

We have been asked by our leaders to practice what they call **social distancing!** I'm not real good at that because I love to fellowship with God's people! David wasn't very good at it either for the same reason!

Basically, we have been told that we must stay at home in our caves to isolate ourselves from this enemy called the Coronavirus!

So, how did the emotions of trying to escape the hand of Saul and this resulting isolation affect David?

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WE CAN SEE DAVID'S ISOLATION! (Heading)

II. WE CAN SENSE DAVID'S DESPERATION! (Vs 1-2)

When desperation set into David's soul, we see that he poured out his desperation to the LORD in prayer!

The word "*cried*" in *verse 1* there means "*to shriek from anguish or danger.*" This was a cry from deep within that met up with his voice!

Have you ever been so desperate that you wanted to just scream or yell? Well, you are in good company! David not only wanted to scream or yell, he did! Twice in *verse 1* he says that he used his "*voice!*"

This was MORE than just a cry from his heart and soul! We can almost feel David's desperation in his soul as his desperation worked its way from deep within his soul and out into his very voice!

A. David Made His Supplication To The LORD! (Vs 1)

"*Supplication*" means "*to implore; to beseech (i.e. to move to favor by petition).*" i.e. He was **begging** the LORD for help!

This world would have us to seek the help of worldly psychologists and psychiatrists, pharmaceuticals, and other worldly ways to deal with our crises!

They want us to go spill our feelings and emotions on the couch of those who are nothing more than just mere men themselves!

Every time a crisis pops up worldly "*counseling*" is brought up as a solution to help us cope or deal with the crisis!

That may be the world's way of dealing with crises, but listen, we who are Believers are not of this world anymore!

As Believers, we need to do like David does here and cry out to the LORD for help FIRST! The LORD should be our FIRST RESORT, not our last!

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David Made His Supplication To The LORD...

B. David Was Honest In His Supplication To The LORD!

(Vs 2)

If we are going to pour ourselves out to the LORD, we might as well be honest about it! I mean the LORD already knows the truth about our emotions doesn't He?!

Hebrews 4:13 "*Neither is there any creature that is not manifest in his sight: but all things are naked and opened unto the eyes of him with whom we have to do.*"

And listen, we have One that not only knows what we are going through, but He cares for us in the midst of it all!

Hebrews 4:15-16 "*15 For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin. 16 Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.*"

1. David Was Overwhelmed By The Darkness In His Spirit! (Vs 3)

Don't you find what we are experiencing right now is more than a little bit **overwhelming** at times?

That word "*overwhelmed*" means "*to be shrouded or clothed in darkness.*" We might say "*blanketed.*"

Now, understand that David was in a literal cave where the light was limited! He was *physically* shrouded in darkness!

But, the **greater darkness** was in his spirit! He was **overwhelmed** inside from all that he was going through!

The fact that this man of God, David, who had been chosen to be the future King of Israel was overwhelmed reminds us of his humanness.

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He had promises from God regarding some future things that hadn't happened yet! Were they going to happen? Sure they were! God doesn't lie!

So, in the midst of this he should have known that even as hopeless as his situation seemed, his hope was sure in the LORD that he was going to come out of this OK!

This should remind us that **anyone can be subject to periods of darkness, despair, discouragement, or depression!**

This is possibly one of those times that we can identify with David! Many are overwhelmed with our present circumstances and are even tempted to despair!

So, how do we escape the darkness which permeates our soul in times like these?

Let me give you an illustration:

It had long been noticed in European countries that people developed depression during the long dark days of winter. Back in the early 1980s, a handful of experts at the National Institute of Mental Health had an idea: If people get depressed when the days get darker, why not just give them more light?

They tested their theory on Herb Kern, a 63-year-old research engineer who fell into a deep depression every autumn. They asked Kern to sit in front of a large box fitted with fluorescent tubes for three hours before dawn and three hours after sunset every day.

It worked. Three days later, Kern was smiling again. In the 15 years since then, further studies have shown the effectiveness of light therapy for patients with winter depression, known medically as seasonal affective disorder or SAD.

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So, what is the Spiritual application? **How can we overcome being overwhelmed with darkness in our soul and spirit because of our circumstances?! We need to draw closer to the One Who is our Light!**

When the darkness of this world looms, we need to spend more time in the LIGHT!

David Was Overwhelmed In His Spirit!

2. **David Was Overwhelmed About His Steps! (Vs 3)**
David, had been nothing but loyal, to Saul ! He had done **nothing** to deserve the jealous rage that Saul felt for him.

David felt as though his steps were in danger because Saul was seeking to kill him! And that was overwhelming his thoughts!

But listen, the LORD knew David's path!
The LORD knew David was righteous in his walk!
The LORD knew the snare that was laid by the enemy!
The LORD knew EVERYTHING about David's path!

3. **David Felt As Though His Soul Was Deserted. (Vs 4)**
In all of the Bible there are few words that are sadder than these!

Someone once said that loneliness and the feeling of being uncared for and unwanted are some of the greatest poverty that one can have!

There is not a more empty feeling in the human heart than to be lonely, and feel that no one cares!

Most of us have gone through times in our life of loneliness, and we've probably all had some times when we wondered if anyone cared.

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Perhaps, we need to be reminded that **even if we are alone, we are NOT alone!**

And even when we don't feel as though we are loved, we ARE very much loved and cared for by our LORD!

1 Peter 5:6-7 "6 Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: 7 Casting all your care upon him; for he careth for you."

In such a time as we are in with this pandemic, perhaps we need to tell or show someone else that we care...that we care because God indeed cares and He has shown His care both in what Christ has done for us and what Christ is doing in us and through us!

WE CAN SEE DAVID'S ISOLATION...

WE CAN SENSE DAVID'S DESPERATION...

III. WE CAN SHARE DAVID'S DECLARATION! (Vs 5)

David was **FEELING** the **ISOLATION** because of his present circumstances of being in a cave with no one else around.

David was **FEELING** the **DESPERATION** because of his predicament with Saul and that led him to this isolation.

But then he looks **BEYOND** his **FEELINGS** to the One to Whom he is pouring his heart out to and he makes this **DECLARATION**:

"THOU art my refuge and my portion in the land of the living."

A. He Declares That The LORD Is His REFUGE!

David is in a **cave** trying to conceal himself from Saul!
Yet David comes back to the **realization of what he knows:**
THAT ULTIMATELY HIS REFUGE IS THE LORD!

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B. He Declares That The LORD Is His PORTION In The Land Of The Living!

"portion" means ***"allotment; inheritance"***

Get this now...in spite of his circumstances, he came to the fresh realization of what he knew but had temporarily forgotten in his plight...

- 1. The LORD Had Already Made Him King!**
- 2. The LORD Would Bring To Fruition The Promises That He Had Made To David!**
- 3. Absolutely Nothing Could Alter The Promises Of The LORD!**
Nothing in his present situation and nothing in his future situations!

The same is true with us regardless of our present circumstances...where we are and even how we feel!

Romans 8:31-32 – "31 What shall we then say to these things? If God be for us, who can be against us? 32 He that spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us all things?"

Romans 8:35-39 – "35 Who shall separate us from the love of Christ? shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? 36 As it is written, For thy sake we are killed all the day long; we are accounted as sheep for the slaughter. 37 Nay, in all these things we are more than conquerors through him that loved us. 38 For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, 39 Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord."

WE CAN SHARE DAVID'S DECLARATION...

IV. WE CAN SAVOR DAVID'S EMANCIPATION! (Vs 6-7)

A. David Cries Out For Deliverance Again, But This Time By Faith! (Vs 6-7)

The first time was out of desperation, but this time was by faith!

James 4:6-10 – “6 But he giveth more grace. Wherefore he saith, God resisteth the proud, but giveth grace unto the humble. 7 Submit yourselves therefore to God. Resist the devil, and he will flee from you. 8 Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded. 9 Be afflicted, and mourn, and weep: let your laughter be turned to mourning, and your joy to heaviness. 10 Humble yourselves in the sight of the Lord, and he shall lift you up.

B. David's Cause For Deliverance Was The LORD's Glory!
“Bring my soul out of prison, that I may praise thy name...”

He had been imprisoned by his fears, not by the LORD! But the LORD delivered him from his fears and would exalt him just as He had promised him and the result would be praise for the LORD!

“Let me tell you what the LORD did for me!”

C. David Shows His Confidence In The LORD In The End!

1. He believes that God will deliver him and that he will be able to worship again surrounded by the righteous people of God!

“...the righteous shall compass me about...”

2. He believes that the LORD will bring to fruition ALL that He has promised!

“...for thou shalt deal bountifully with me.”

Ephesians 3:20 Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us,

Conclusion

So, where are you in all this that is going on in our nation and in the world? In your isolation that we've been driven to in this pandemic, are you finding yourself in desperation in your soul?

There is absolutely no need to because the LORD is going to accomplish in us all that He has promised us in His Word!

That is, unless you don't know the LORD! But understand that He is going to accomplish in the unbeliever the things He has detailed in His Word also!

If you don't know the LORD, come to know Him as your LORD and Savior today so that you can have One Who will deliver you in the end!

If you do know the LORD and you are feeling the stress of this crisis, cry out to the LORD! Be honest and pour out your heart to Him!

Then realize once again that **the LORD is our REFUGE!**

(He is the One we can hide in!)

And realize once again that **the LORD is our PORTION!**

(He is our inheritance in the land of the living! We are heirs and joint heirs with Jesus Christ and absolutely NOTHING can take that away from us!)

By faith, ask the LORD for and trust the LORD for deliverance in and through these difficult circumstances so that you can praise His name as He brings you out of your desperation and into deliverance!

In these uncertain days, have your confidence in the LORD! Not in the government, or your finances, or your family, or anything else but the LORD!