### Psalms

## Chapter 142

A Psalm of contemplation by David about the time when he was praying in the cave.   
  
  
  
  
1With my voice, I cried to Jehovah…  
 Before Him, I [bowed down to] beg.  
 2I poured out before Him the things that I need,  
 And I spoke of how I’m being oppressed.  
 3For He knows that my spirit has failed me,  
 And they’ve hidden their snares on the roads that I walk.  
  
4Then I looked to the right and I noticed  
 There was no one around whom I knew…  
 There was also nowhere to run,  
 And about my life, no one was concerned.  
  
5So I cried out to Him:  
  
 ‘O Jehovah!  
  
 ‘I’m calling to You, for You’re my hope…  
 Since You’re all that I have in the land of the living,  
 6Please listen to the things that I’m begging;  
 For before You, I’ve humbled my soul.  
  
 ‘Save me from those who pursue me,  
 Because they’re stronger than me.  
 7Lead my soul out of this ‘prison’  
 So that I can keep praising Your Name.  
 Then the righteous will gather around me,  
 Because of the goodness You’ve shown.’