

Psalms 142-144 – 4 January 2026

“Delivered To Expand God’s Kingdom”

Introduction

*This is the 10th of 12 messages in the 5th & final Book of Psalms

*David is oppressed by his enemies and seeks help from God to get back to the business of God’s will

*God’s will for David? Expand this physical, earthly nation’s prosperity

*God’s equivalent will for us? Expand the Kingdom of God w/ souls saved & disciples growing

*Our 3 Psalms today present the steps in the process of deliverance – with the goal of getting back to expanding God’s will

***Today, we get these 3 steps in the process of deliverance**

#1 – It Begins With Desperation (Psm 142)

Intro – A maskil or contemplative (an instruction)

At his lowest time running for his life from King Saul

The cave of Adullam or En Gedi from I Sam 22 or 24

Read Vs 1-2

1. This cave is a destitute place of humility
 - a. Just a few men to support David
 - b. Hiding, concerned Saul will find you at night
2. As if not afraid of what anyone thinks, David calls out
 - a. Like blind Bartimaeus, have mercy on me Son of David'
 - b. Like Hannah at Tabernacle, mistaken as drunk
3. *Deliverance often begins with desperation*

Read Vs 3-4

1. David who already knew great victories of faith (Goliath) also had times of despair
2. David had no man's help
 - a. Doesn't mean he had no friend (600 men)
 - b. It means he had no one of influence & power to prevail for him

Read Vs 5

1. When no man can change our life, God can
2. When all of life is crumbling around you, God wants to be your shelter and home

Read Vs 6-7

1. How hard is it to as honest as David in vs 6
 - a. My enemies are too strong for me
 - b. Yet David ends with the hope of that comes from real belief in God
2. *The first spark of faith is often lit by honesty*
 - a. We won't depend on God until we confess that we need to

#2 – It Requires A Change Of Spirit (Psm 143)

Read Vs 1-2

1. In the way You've been faithful to me, be w/ me
2. No man can live if You come to them in justice

Read Vs 3-4

1. Great description of depression
 - a. Pursued, crushed into dark places like death
2. You're overwhelmed – body stops working
3. Who is this enemy that's doing this to him
 - a. It's unsaid, but we know we have 3 enemies
 - b. Could be the world, the devil or the flesh

Read Vs 5-6

1. Turning point is to take your eyes off the current circumstances & remember God's goodness
2. A bad day makes us myopic, we get stuck
 - a. We must lift our eyes up to God & remember
 - b. Lord do what you did before again

Read Vs 7-9

1. David saw two groups of people

- a. Those that lived in God's face
- b. Those that didn't and went down to hell
2. Are we bringing every area of our life to God or hiding things from Him?
3. Instead of hiding from God, try hiding *in* God
4. David is longing for clarity and calm *in* God

Read Vs 10

1. We need both God's *will* from His Word and God's *Spirit*
 - a. His will tells us what to do and His Spirit enables us to do it
2. Many Christians are still turning to the Word w/o asking the Spirit to empower them – never works

Read Vs 11-12

1. I throw myself at You God
2. B/c I'm in Your family, save me for Your reputation's sake

#3 – It Requires Doing The Hard Work (Psm 144)

Read Vs 1-2

1. Ecclesiastes tells us there's a time to kill and a time to heal
2. David was fighting to subdue a kingdom of people under God's ways
 - a. We have to fight to subdue all things under our authority to be in line with God's ways
 - b. We've all been given a realm of authority & there are times we must fight to bring it under God

Read Vs 3-4

1. Reusing the language he used in Psm 8, David recognizes the frailty of man
2. This world is constantly bending away from God & needs the friction of war to bend it back.
 - a. Like "stiffnecked" Israel wanting to turn
 - b. Prov 22:6 Train a child— bend straight (tree)
3. We need to take life & death matters seriously & understand just how fragile we are

Read Vs 5-8

1. David made war against foreign enemies, those that did not know God or His ways
 - a. He's calling on God to war on His behalf & prosper his warfare
2. Still a war is raging today between truth & lies
 - a. We need to be engaged in that warfare
 - b. At work, at home, with friends

Read Vs 9-11

1. David is looking for fresh activity from God
 - a. A new song is based on new activity
2. We have a God that wants to be active in our life now
 - a. If all you have is a tale of salvation from long ago, then take a new step of faith today
 - b. What lying enemies are around you that need to be dealt with?

Read Vs 12-15

1. The prosperity that Israel looked for was national growth of the people & produce

- a. This pictures the believer longing for growth of God's Kingdom thru souls saved and disciples growing to deeply know Jesus

Conclusion

Do you need *deliverance*? Are you concerning yourself with expanding God's Kingdom?

1. **It often begins with a desperate cry to God**
 - a. We need to cultivate a deep seem of how much more God want to do in our lives
2. **It requires a change of spirit**
 - a. Our spirit will get overwhelmed and faith
 - b. God's Spirit within us *will* empower us to do His will
3. **It requires doing the hard work**
 - a. The Lord is asking us to take on the warfare that He's set in front of us
 - b. And then trust that He'll empower us to succeed in all His will