



Speak to yourself

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Bishop C. Shawn Tyson  
Pastor

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## Summary

The Psalms give insights even before they begin. Psalm 142: 1 begins with '*A Maskil of David, when he was in the cave. A prayer.*' Some psalms are called "maskil" (maschil) because in addition to some type of vocal musical arrangement they impart wisdom. Maskil means "enlightened" or "wise".

## I. Introduction

**Psalm 142:1,7 KJV** - [1] I cried unto the Lord with my voice; with my voice unto the Lord did I make my supplication.

**Ephesians 5:19-20 KJV** - [19] Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord; 20] Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ;

- It is important that you listen to music that blesses your mind and refreshes your spirit

**Exodus 34:14 KJV** - [14] For thou ***shalt worship no other god:*** for The Lord, whose name is Jealous, is a jealous God:

A. One of life's most difficult situations is when someone who once loved you now hates you. When someone you've been loyal to betrays your loyalty. Such was the case with Saul & David.

- Even in a cave, David's anointing could not be hidden.
- **PP: YOU ARE WHO YOU ARE WHEREVER YOU ARE.**

**Psalm 142:1-7 KJV** - [1] I cried unto the Lord with my voice; with my voice unto the Lord did I make my supplication.

II. 8 things to do when you find yourself in a cave

**I: The kingdom of God is a voice activated kingdom.**

**Psalm 34:6 KJV** - [6] This poor man cried, and the Lord heard him, and saved him out of all his troubles.

**II: Tell God your struggles**

**Psalm 142:2 - 2]** I poured out my complaint before him; I shewed before him my trouble.

**Philippians 4:6 KJV - [6]** Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known UNTO GOD.

### **III: There must be transparency before there can be transformation**

**Psalm 51:6 KJV - [6]** Behold, thou desirest truth in the inward parts: and in the hidden part thou shalt make me to know wisdom. 3] When my spirit was overwhelmed within me, then thou knewest my path. In the way wherein I walked have they privily laid a snare for me.

**Job 23:10 KJV - [10]** But he knoweth the way that I take: when he hath tried me, I shall come forth as gold.

### **IV. You don't have to always know WHERE you are going as long as you know God is leading you**

**Psalm 142:[4]** I looked on my right hand, and beheld, but there was no man that would know me: refuge failed me; no man cared for my soul.

### **V. Your isolation is intentional.**

**Psalm 142: 5]** I cried unto thee, O Lord: I said, Thou art my refuge and my portion in the land of the living.

### **VI: Ascribe the source of your strength and the cause of your survival TO GOD ALONE.**

**Psalm 142: 6]** Attend unto my cry; for I am brought very low: deliver me from my persecutors; for they are stronger than I.

### **VII. The greater the setback, the greater the comeback**

**Psalm 142: 7]** Bring my soul out of prison, that I may praise thy name: the righteous shall compass me about; for thou shalt deal bountifully with me.

### **VIII: Make a covenant with yourself and with God that you will worship him while you're in the cave but when you come out, you won't come out complaining, you'll come out praising!!**