

SERMON NOTES

Title: Tis the Season to be
Jolly...Lonely

Text: Ps. 142 & I Sam. 22

Topic: Loneliness / Depression

Teacher: Dr. Barry D. Lovett

Time: 12/10/23

File Under: Holiday



Psalm 142 are the words of a **lonely** person too who cries out for **help**.

David is in the cave of **abdullem**. He is being pursued by Saul. He finds this place of refuge but his circumstances do not give him much **hope**.

David feels...

DISORIENTED. (vs 3)

"My spirit is over-whelmed within me." Literally that phrase means, *his spirit is **muffled** down upon him.*

DISSERTEED. (vs 4)

Look to my right and see; no one is concerned for me. I have no refuge; no one cares for my life.

DEPRESSED. (vs 6)

"I am brought very low." Literally this phrase means, *"to go into a valley"*.

DEFEATED. (vs. 6b)

"For they are too strong for me." David sees no hope of his situation **improving**. *"I am imprisoned."*

There's gloom and doom but there's good news here too.

David **VERBALIZES** his feelings.

It's alright to **tell** God how you feel.

Start from **where you** are and God can take you to where you **need to be**.

David **VISUALIZES** the situation.

He painted God a picture but he keeps it in **perspective**.

David **RECOGNIZES** that God already knows it.

"He knoweth the way that I take." (Job 23:10) *"The steps of a good man are ordered by the Lord"* Psalm 27:37

David **REALIZES** God is our provider (El Shaddai) (vs. 5)

"You are my refuge, my portion in the land of the living."

He still sees his problem but he also sees **God** and realizes all that he has in Him.

David **SUMMERIZES** his victory. (Vs 7b)

Then the righteous will gather about me because of your goodness to me. "God is going to deal bountifully with me"