

DAY 21 – Pouring Out My Complaint

Psalm 142

142 *I cried unto the LORD with my voice; with my voice unto the LORD did I make my supplication.*

² *I poured out my complaint before him; I shewed before him my trouble.*

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.*

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.*

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

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

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.*

Focus: Bringing Every Burden to God

Psalm 142 was written while David was hiding in a cave — physically isolated and emotionally overwhelmed. He begins, “I cry out to the Lord with my voice... I pour out my complaint before Him.” This psalm teaches us that God is not intimidated by our honesty. Lent gives us permission to bring our unfiltered emotions into prayer. When we feel trapped by circumstances or misunderstood by others, God becomes the One who listens without interruption.

David admits, “No one cares for my soul.” That kind of loneliness can be crushing. Yet even in isolation, he declares, “You are my refuge, my portion in the land of the living.” When human support falls short, divine presence steps forward. The cave became a sanctuary because David chose prayer over despair.

Psalm 142 reminds us that pouring out our hearts is not weakness — it is faith in action. God welcomes the cry of the overwhelmed. When we bring every burden to Him, we discover that even in dark places, we are not alone.