

***Sermon Title:* "A DESPERATE PRAYER"**

Date: July 27, 2025 - Psalm 142

Central Idea: A desperate prayer, from the heart, is something that God honors. Do you pray in desperate times?

Introduction: Psalm 142 is a song of David expressing a humble prayer during a time of discouragement. The deep distress of the psalmist is seen in every stanza of the divinely inspired hymn. His trouble had almost reached the breaking point. Overwhelmed with deep grief, and finding no encouragement or help in man, the poet appeals to God.

I. His Sorrow, vv. 1-2

1 Samuel 22:1-2

Hosea 14:1-2

II. His Confession, vv. 3-6

1. Pressures, v. 3

2. Indifference, v. 4

3. Petition, vv. 5-6

III. His Trust, v. 7

1. Freedom

2. Praise

3. Fellowship

4. Blessings

Conclusion: In his book, *Healing for Damaged Emotions*, Pastor David Seamands shares the following thoughts:

Three reactions that lead to depression:

- Indecisiveness
- Anger
- Injustice

Some ways to deal with depression:

- Avoid being alone
- Seek help from others
- Listen to music (that's not depressing)
- Be thankful
- Read the Word of God
- Rest in the presence of God