

HOW THANKSGIVING BEGINS

Psalm 142 (p. 977)

November 18, 2018

*I cry aloud to the Lord; I lift up my voice to the Lord for mercy
Set me free from my prison, that I may give praise to your name.
Then the righteous will gather about me because of your goodness to me.*
Psalm 142:1, 7

Invitation to lament

*I cry aloud to the Lord; I lift up my voice to the Lord for mercy.
I pour out my complaint before him; before him I will tell my trouble.*
Psalm 142:1 (see 1 Samuel 22:1)

The way out

*When my spirit grows faint within me, it is you who know my way
I cry to you, O Lord; I say, "You are my refuge, my portion in the land of the living."*
Psalm 142:3-5

My own path

*In the path where I walk men have hidden a snare for me.
Look to my right and see; no one is concerned for me. I have no refuge; no one cares for my life.*
Psalm 142:3-4

"that I may give thanks"

*Attend to my cry . . . deliver me
Bring me out of prison that I may give thanks to your name.*
Psalm 142:6-7 (ESV, see Heidelberg Catechism, Lord's Day 1)

The blessings of thanksgiving

*Then the righteous will gather about me
because of your goodness to me.
Psalm 142:7*

1) Do not lament ALONE

2) Righteousness and goodness are MY SANCTIFICATION

For further study of Psalm 142

Deffinbaugh's introduction to the Psalms at <https://bible.org/seriespage/25-wisdom-literature-psalms-part-i>

Ligon Duncan's sermon "No Other Refuge" at <https://www.fpcjackson.org/resource-library/sermons/no-other-refuge>

Jon Bloom's study of Psalms of Lament at <https://www.desiringgod.org/articles/god-wants-you-to-complain>

Heidelberg Catechism, Lord's Day 1 CQ & A 1

Q1. What is your only comfort in life and in death?

A. That I am not my own,¹ but belong— body and soul, in life and in death—²
to my faithful Savior, Jesus Christ.³

He has fully paid for all my sins with his precious blood,⁴
and has set me free from the tyranny of the devil.⁵

He also watches over me in such a way⁶ that not a hair can fall from my head
without the will of my Father in heaven;⁷ in fact, all things must work together for my salvation.⁸

Because I belong to him,

Christ, by his Holy Spirit, assures me of eternal life⁹
and makes me wholeheartedly willing and ready from now on to live for him.¹⁰

¹ 1 Cor. 6:19-20 ² Rom. 14:7-9 ³ 1 Cor. 3:23; Titus 2:14 ⁴ 1 Pet. 1:18-19; 1 John 1:7-9; 2:2

⁵ John 8:34-36; Heb. 2:14-15; 1 John 3:1-11 ⁶ John 6:39-40; 10:27-30; 2 Thess. 3:3; 1 Pet. 1:5

⁷ Matt. 10:29-31; Luke 21:16-18 ⁸ Rom. 8:28 ⁹ Rom. 8:15-16; 2 Cor. 1:21-22; 5:5; Eph. 1:13-14

¹⁰ Rom. 8:1-17

Q2. What must you know to live and die in the joy of this comfort?

A. Three things:

first, how great my sin and misery are;¹

second, how I am set free from all my sins and misery;²

third, how I am to thank God for such deliverance.³

¹ Rom. 3:9-10; 1 John 1:10 ² John 17:3; Acts 4:12; 10:43

³ Matt. 5:16; Rom. 6:13; Eph. 5:8-10; 2 Tim. 2:15; 1 Pet. 2:9-10

