

# Psalms 142

Chapter 142 of 150 · 7 Verses · Authorized King James Version

---

## You Are My Refuge

**1** 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.

## HEBREW & GREEK WORD STUDIES

### **Lord** — אֲדֹנָי / יְהֹוָה (YHWH / Adonai)

The LORD / Lord

When 'LORD' appears in small capitals, it represents the Tetragrammaton **YHWH** (יְהֹוָה), God's personal covenant name meaning 'I AM.' When 'Lord' appears normally, it's **Adonai** (אֲדֹנָי), meaning 'my Lord,' emphasizing sovereignty.

### **Righteous** — צַדִּיק (Tzaddik)

Righteous one

The Hebrew **tzaddik** (צַדִּיק) describes one who is righteous, just, or lawful—conforming to God's standard. From the root **tzedek** (צִדָּקָה), meaning righteousness or justice.

### **Spirit** — רֹוח (Ruach)

Spirit, wind, breath

The Hebrew **ruach** (רוֹחַ) means spirit, wind, or breath—invisible but powerful. It describes both the Holy Spirit and the human spirit. God's Spirit gives life and empowers His people.

## CROSS REFERENCES

**Psalms 142:1** **Parallel theme:** Psalms 28:2; 32:1; 54:1; 57:1; 1 Samuel 24:3; 1 Chronicles 4:10; Hebrews 11:38. **References Lord:** Psalms 30:8; 141:1

**Psalms 142:2** **Parallel theme:** Psalms 62:8; Isaiah 26:16; Romans 8:26; Hebrews 5:7

**Psalms 142:3** **Parallel theme:** Psalms 1:6; 22:14; 31:4; 61:2; 102:4; 140:5; 141:9; Jeremiah 18:22. **Spirit:** Psalms 77:3; 143:4

**Psalms 142:4** **Parallel theme:** Psalms 31:11; 69:20; 88:8; 88:18; 1 Samuel 27:1; Jeremiah 30:17; Matthew 26:56; 2 Timothy 4:16

**Psalms 142:5**

**References Lord:** Psalms 16:5; 27:13; 46:11; 91:2; 119:57; Lamentations 3:24; 2 Timothy 4:17. **Parallel theme:** Psalms 46:1; 56:13; 73:26

**Psalms 142:6** **Parallel theme:** Psalms 17:1; 79:8; 116:6; 136:23

**Psalms 142:7** **Righteousness:** Psalms 143:11. **Parallel theme:** Psalms 13:6; 31:8; 119:17; 142:1; 146:7; Isaiah 61:1; James 5:11. **Resurrection:** Psalms 9:14; Acts 2:24

---

From **KJV Study** · [kjvstudy.org](http://kjvstudy.org)

The Authorized King James Version · Public Domain