

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 / יְהוָה (YHWH / Adonai)

The LORD / Lord

When 'LORD' appears in small capitals, it represents the Tetragrammaton **YHWH** (יְהוָה), 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 (צֶדֶק), meaning righteousness or justice.

Spirit — רוּחַ (Ruach)

Spirit, wind, breath

The Hebrew **ruach** (רוּחַ) 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

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