

AGE

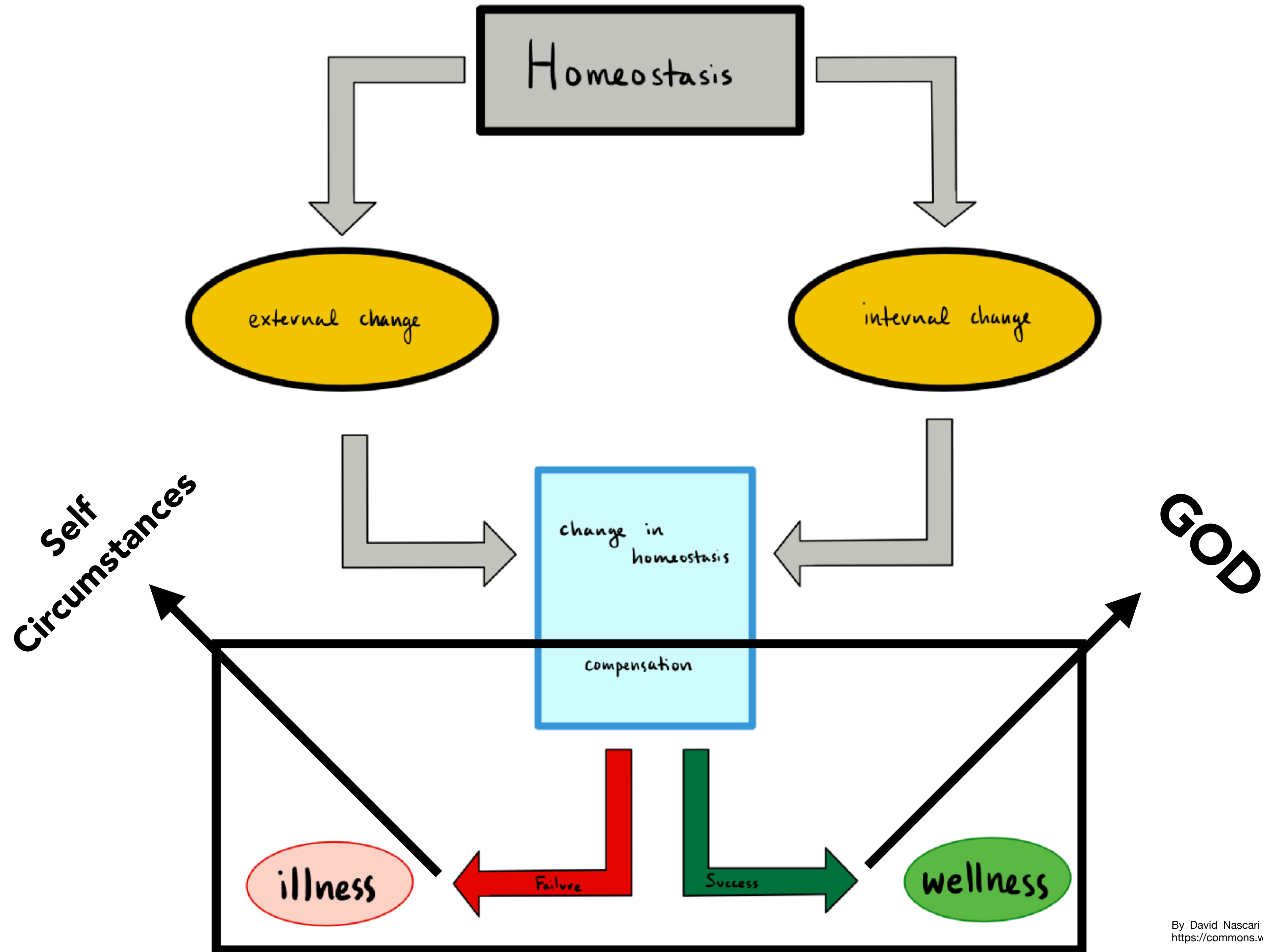
DOESN'T

MATTER

INEXPERIENCED = QUALIFIED



Homeostasis



- **Fearful**
- **Poor**
- **Troubled**
- **Crying for help**
- **Brokenhearted**
- **Crushed in spirit**
- **Afflicted**
- **In storms of destruction**
- **Trampled upon**
- **Soul amid lions**
- **Lying amid beasts**
- **Net on one's path**
- **Soul bowed down**
- **Pit in one's way**
- **Brokenhearted**
- **Pleading for mercy**
- **Growing complaint**
- **Spirit fainting within**
- **Hidden traps**
- **Brought low**
- **Powerful persecutors**
- **Imprisoned**

Proven Pattern

Petition

Proclamation

Praise

Psalm 142

**(A Maskil of David, when he was in the
cave. A Prayer.)**

¹David departed from there and escaped to the cave of Adullam. And when his brothers and all his father's house heard it, they went down there to him. ²And everyone who was in distress, and everyone who was in debt, and everyone who was bitter in soul, gathered to him. And he became commander over them. And there were with him about four hundred men.

1 Samuel 22:1-2

Psalm 142

(A Maskil of David, when he was in the cave. A Prayer.)

¹With my voice I cry out to the LORD; with my voice I plead for mercy to the LORD.

²I pour out my complaint before Him; I tell my trouble before Him.

Psalm 142

(A Maskil of David, when he was in the cave. A Prayer.)

³When my spirit faints within me, You know my way! In the path where I walk they have hidden a trap for me.

⁴Look to the right and see: there is none who takes notice of me; no refuge remains to me; no one cares for my soul.

Psalm 142

(A Maskil of David, when he was in the cave. A Prayer.)

**⁵I cry to You, O LORD; I say, "You are my refuge,
my portion in the land of the living."**

**⁶Attend to my cry, for I am brought very low!
Deliver me from my persecutors, for they are too
strong for me!**

**⁷Bring me out of prison, that I may give thanks to
Your name! The righteous will surround me, for
You will deal bountifully with me.**

Psalm 34

(Of David, when he changed his behavior before Abimelech, so that he drove him out, and he went away.)

10And David rose and fled that day from Saul and went to Achish the king of Gath. **11**And the servants of Achish said to him, "Is not this David the king of the land? Did they not sing to one another of him in dances, 'Saul has struck down his thousands, and David his ten thousands'?"

12And David took these words to heart and was much afraid of Achish the king of Gath. **13**So he changed his behavior before them and pretended to be insane in their hands and made marks on the doors of the gate and let his spittle run down his beard.

¹⁴Then Achish said to his servants, "Behold, you see the man is mad. Why then have you brought him to me? ¹⁵Do I lack madmen, that you have brought this fellow to behave as a madman in my presence? Shall this fellow come into my house?"

1 Samuel 21:10-15

Psalm 34

(Of David, when he changed his behavior before Abimelech, so that he drove him out, and he went away.)

I will bless the LORD at all times; His praise shall continually be in my mouth. My soul makes its boast in the LORD; let the humble hear and be glad. Oh, magnify the LORD with me, and let us exalt His name together! I sought the LORD, and He answered me and delivered me from all my fears. Those who look to Him are radiant, and their faces shall never be ashamed.

Psalm 34

(Of David, when he changed his behavior before Abimelech, so that he drove him out, and he went away.)

This poor man cried, and the LORD heard him and saved him out of all his troubles. The angel of the LORD encamps around those who fear Him, and delivers them. Oh, taste and see that the LORD is good! Blessed is the man who takes refuge in Him! Oh, fear the LORD, you His saints, for those who fear Him have no lack! The young lions suffer want and hunger; but those who seek the LORD lack no good thing.

Psalm 34

(Of David, when he changed his behavior before Abimelech, so that he drove him out, and he went away.)

Come, O children, listen to me; I will teach you the fear of the LORD. What man is there who desires life and loves many days, that he may see good? Keep your tongue from evil and your lips from speaking deceit. Turn away from evil and do good; seek peace and pursue it. The eyes of the LORD are toward the righteous and his ears toward their cry. The face of the LORD is against those who do evil, to cut off the memory of them from the earth.

Psalm 34

(Of David, when he changed his behavior before Abimelech, so that he drove him out, and he went away.)

When the righteous cry for help, the LORD hears and delivers them out of all their troubles. The LORD is near to the brokenhearted and saves the crushed in spirit. Many are the afflictions of the righteous, but the LORD delivers him out of them all. He keeps all his bones; not one of them is broken. Affliction will slay the wicked, and those who hate the righteous will be condemned. The LORD redeems the life of His servants; none of those who take refuge in Him will be condemned.

Psalm 57

(To the choirmaster: according to Do Not Destroy. A Miktam of David, when he fled from Saul, in the cave.)

Psalm 57

(To the choirmaster: according to Do Not Destroy. A Miktam of David, when he fled from Saul, in the cave.)

Be merciful to me, O God, be merciful to me, for in You my soul takes refuge; in the shadow of Your wings I will take refuge, till the storms of destruction pass by. I cry out to God Most High, to God who fulfills His purpose for me. He will send from heaven and save me; He will put to shame him who tramples on me. *Selah* God will send out His steadfast love and His faithfulness!

Psalm 57

(To the choirmaster: according to Do Not Destroy. A Miktam of David, when he fled from Saul, in the cave.)

My soul is in the midst of lions; I lie down amid fiery beasts—the children of man, whose teeth are spears and arrows, whose tongues are sharp swords. Be exalted, O God, above the heavens! Let Your glory be over all the earth! They set a net for my steps; my soul was bowed down. They dug a pit in my way, but they have fallen into it themselves. *Selah*

Psalm 57

(To the choirmaster: according to Do Not Destroy. A Miktam of David, when he fled from Saul, in the cave.)

My heart is steadfast, O God, my heart is steadfast! I will sing and make melody! Awake, my glory! Awake, O harp and lyre! I will awake the dawn! I will give thanks to You, O Lord, among the peoples; I will sing praises to You among the nations. For Your steadfast love is great to the heavens, Your faithfulness to the clouds. Be exalted, O God, above the heavens! Let Your glory be over all the earth!

Proven Pattern

Petition

Proclamation

Praise



Connection Card

Connect/share prayer requests on card (place in boxes in lobby) or go to:

fbctulsa.org/connectioncard

Next Steps

I will get real with God

Next Steps

**I will make use of the
critical patterns**

Next Steps

**I will share these things
with others**

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