

Psalm 142

JPS [\[Online\]](#)

I Lift My Voice to the LORD

(1 Samuel 22:1–5; Psalm 57:1–11)

¹Maschil of David, when he was in the cave; a Prayer. With my voice I cry unto the LORD; With my voice I make supplication unto the LORD.

²I pour out my complaint before Him, I declare before Him my trouble;

³When my spirit fainteth within me—Thou knowest my path—In the way wherein I walk Have they hidden a snare for me.

⁴Look on my right hand, and see, For there is no man that knoweth me; I have no way to flee; No man careth for my soul.

⁵I have cried unto Thee, O LORD; I have said: 'Thou art my refuge, My portion in the land of the living.'

⁶Attend unto my cry; For I am brought very low; Deliver me from my persecutors; For they are too strong for me.

⁷Bring my soul out of prison, That I may give thanks unto Thy name; The righteous shall crown themselves because of me; For Thou wilt deal bountifully with me.