

## **Meditation on Psalm 142:1-7**

*I pour out my heart to you God, my agony I describe!*

Psalm 142 is a heartfelt lament, a cry for help, a prayer of trust as the psalmist faces death or similar desperate situation in life! Psalmist feels abandoned by family, friends that he is a nobody. In his utter loneliness he cries out to God to save him in death from the place of shadows [Sheol] and grant him a portion in life with God or to deliver him from the prison of hopelessness. Psalm also could have been used by people living in exile, expelled from their homeland, their livelihood destroyed, family displaced! This happens today in many war-torn countries, hope-less people fleeing to find refuge [v.5]. Psalmist invites all to a spiritual seeing of realities in life and to acknowledge God as ultimate refuge.

The psalmist's angst of encountering death [life departing from him] can only be consoled by God, the giver of life eternal. The path of death all living must travel as designed by God and for human being, it is handing over spirit to God, the fount of existence [refuge]! Psalmist's cry expresses the terror of dying that no one escapes; he prays to safeguard his spirit as it flies to God his abode. With a trusting heart, psalmist says, 'with my voice', I plead before you God, meaning that until my last breath I will sing of God's mercy toward his servants.

The psalmist seems not quite ready to die, but death is hunting him down; it is at the door! Psalmist longs to praise God eternally, to be in the company of the just [saints in heaven]- true friendship and company that he is deprived of in this world. The dwellers of this earth granted him only tears and sorrows! In intense agony, the psalmist reflects on God's redeeming mercy, leading a person of trust to a place of hope! Some form of suffering is unavoidable in life; a transformed life in God is the promise we have in the suffering and resurrection of Christ. Love is mightier than death!

*Father Jose*