

1. Describe David's circumstances and his response in Psalm 56 (with 1 Samuel 21:10-15).
2. (a) How did David know God was for him, and how did his trust in God overcome his fears?
(b) How do you know God is for you, and how does your trust in God overcome your fears?
3. From Psalm 57, summarize the relationship between God Most High above the heavens and David with his many troubles in a cave down on earth.
4. While desiring relief from his problems, David also desired that God fulfill His purpose, that God be exalted, and that God be glorified. Any life applications for you here?
5. From either Psalm 56 or Psalm 57, write out one verse that is especially meaningful to you right now, and explain why you chose that particular verse.

AKRON



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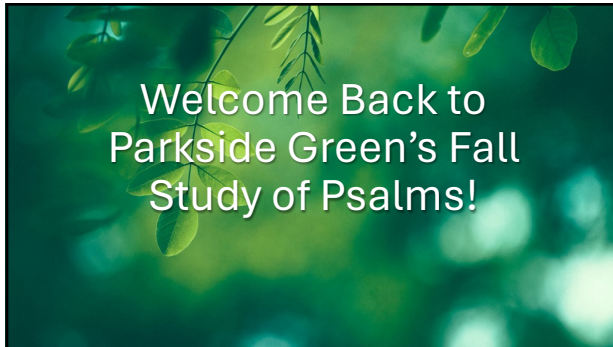
1 TIMOTHY 1:15

Notes for Study on Psalms 56 and 57

Psalms 56

Psalms 57

Some possible applications



1

Psalm 56: To the Choirmaster, According to the Dove on Far-Off Terebinths (or Distant Oaks).

A Miktam of David, When the Philistines Seized Him in Gath.

The likely background is 1 Samuel 21:10-25 (as with Psalm 34). David fled from Saul to the city of Gath, where he was recognized as Israel's great warrior, and the Philistines temporarily seized or captured him. Then David pretended to be insane and, by God's grace, walked away free.

God is trustworthy (1-7)

God is for me (8-13)

2

God is Trustworthy (1-7)

David's problem is that people (both Saul and the Philistines) have it out for him.

1: "Man tramples on me." "All day long an attacker oppresses me." Constant pressure!

2: "My enemies trample on me all day long, for many attack me proudly."

5: "All day long they injure my cause (or twist my words). All their thoughts are against me for evil."

6: "They stir up strife (fuel quarrels), they lurk; they watch my steps, as they have waited for my life"—poised for the kill.

3

God is Trustworthy (1-7)

<p>With everybody hounding him, David is naturally <u>afraid</u> for his life.</p>	<p>But David's <u>response</u> to this "impossible situation" is to seek God's purposes by ...</p>	<p>1: <u>Praying</u>—"Be gracious (or merciful) to me, O God."</p>
<p>3: "When I am afraid, I <u>put my trust in you</u>, in God, whose word (promises) I praise."</p>	<p>4: <u>In God I trust</u>; I shall <u>not</u> be afraid. What can <u>flesh</u> do to me?"</p>	<p>7: <u>Praying</u>—"In wrath cast down the peoples, O God!" Don't let the Gentile Philistines escape their crimes.</p>

4

God is Trustworthy (1-7)

Prayer and trust in God are antidotes to fear.

When we are afraid, pray and trust in God.

God is way more powerful than whatever we fear.

When I am afraid, I will not be afraid because I trust God.

5

The God in whom David trusts knows David very personally, as though God has a book with a running total of David's tossings (or wanderings) and a bottle or wineskin filled with David's tears. The Lord knows exactly what David has been going through, a precise, precious record of David's troubles.

God is for me (8-13)

Perhaps best of all, David knows that "God is for me," which makes David confident that when he calls, his enemies will turn back (or be routed). Because God knows him and is for him, David celebrates God's deliverance of him (Rom. 8:31).

6

With God for him, David is as good as delivered. So, David praises God's word (here, not the Bible, but most likely God's promises to His anointed).

David trusts in God and won't be afraid because when he steps back and thinks about it, since God is for him, what can man do to him anyway?

To celebrate God's answered prayer, delivering David's soul from death and his feet from falling or tripping up, David anticipates performing his vows and rendering his thank offerings to God.

7

God is for me (8-13)

God graciously delivered David from near-death predicaments (fleeing Saul, being seized by the Philistines) so that David can walk before God in the light of life—enjoying a close daily life walk in the presence of God!



8

Psalm 56 and Me (19 "Me/My", 14 "I")

1. Trust in God, which transforms my fear into confidence. "I shall not be afraid. What can human beings do to me?"
2. Praise God, Who knows every one of my troubles, "bottles up" every one of my tears, and is for me. Great combination!
3. Thank God for all the ways He has delivered me and will deliver me, that I might walk each day in His close presence.

9

Psalm 57: To the Choirmaster, According to Do Not Destroy. A Miktam of David, When He Fled from Saul in the Cave.

The likely background is found after David escaped from the Philistines but was still on the run from Saul, hiding in the cave of Adullam, where 400 men gathered around him (1 Sam. 22). [Another cave episode with David & Saul is in 1 Sam. 24.]

Prayer for Rescue (1-5)

Praise for Rescue (6-11)

10

Prayer for Rescue (1-5)



In one sense David is taking refuge in the cave, but in a deeper sense David is taking refuge in the Lord, in the shadow of God's wings, like a caring bird sheltering its young.

David is living amid "storms of destruction," "lions," and "fiery beasts"—humans whose teeth and tongues are like spears, arrows, sharp swords.

→ David's opponents are using their mouths and words as weapons against him.

11

Prayer for Rescue (1-5)

In response to this distressing situation, David prays, asking God to be merciful to him (x2). David cries out to God Most High, who fulfills His purpose for David.

David expects that from heaven God will send out His steadfast love and His faithfulness to put to shame the one who is trampling on David (likely, still Saul).

12

Prayer for Rescue (1-5)

- David is praying for God Most High in heaven to rescue him on earth. Until the storms of destruction pass by, we need God's rescuing hand.
- Even amid enemy attacks, David describes God as the One "Who fulfills His purpose for me." And we see that "higher purpose" in ...
- David's desire (1) for God to be exalted by people recognizing that God is above the heavens and (2) for God's glory to be over all the earth.

13

Praise for Rescue (6-11)

David is confident that God will bring an end to his current crisis, and David fully expects to praise God for rescuing him.

Though his opponents set a net for David's steps and dug a pit in David's way, they've fallen into the trap themselves. "Evil returns on its practitioners like a boomerang" (VanGemeren, 464).

So, amid turmoil, David's heart is steadfast. Since David trusts God, even while in the trial, his heart remains steady (firm, fixed).

14

- David anticipates that he will (future tense) sing and make melody. So, he calls on himself ("my glory" or "my whole being") to awake the dawn by awaking his harp and lyre. Rather than sleeping in, David can't wait to start the day with praise!



- David wants to broadcast his thanks to the Lord among the peoples, to sing praises to the Lord among the Gentile nations.
- We also are called to join the mission of inviting all people to join in praising the Lord!

15

Praise for Rescue (6-11)

- David wants to tell the whole world that God's steadfast love is great to the heavens! God's faithfulness (being true to His promises) is great to the clouds—as high as the eye can see!
- David desires for God to be exalted above the heavens, for God's glory (weighty manifestation of His power & presence) to be over all the earth!
- Note: as the psalm has unfolded, David has moved from prayer (1-5) to praise (6-11)!



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Psalm 57 and Jesus

Just as David (God's anointed) endured much suffering before he was crowned as king, Jesus (God's anointed) endured much suffering before he was crowned as King of kings (1 Tim. 6:15, Rev. 17:1, Rev. 19:16)!

God has highly exalted Jesus and bestowed on him the name that is above every name (Philippians 2:9). For it was indeed fitting that we should have such a high priest, holy, innocent, unstained, separated from sinners, and exalted above the heavens (Hebrews 7:26).

17

Psalm 57 and Me

(20 "me/my/I" in 11 verses)

1. When I am in a tight spot in life (a dark cave), take refuge in God and cry out to God (pray), asking the Lord to be merciful to me.
2. When life is hard, (a) keep a steady heart, and (b) rest knowing that God is fulfilling His purpose for you.
3. When you wake up, start the new day dawning by giving thanks to God and singing praises to God Most High, exalted above the heavens!

Please complete a 2-minute survey that comes in tomorrow's email.

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