



## Psalm 56 "In God I Trust"

*Title: To the choir director, according to Jonath elem rehokim. A Mikhtam of David when the Philistines seized him in Gath. Read 1 Samuel 21:10-15 for background to Psalm 56.*

Question: It is one thing when we escape, but what do we do when the enemy actually gets hold of us?

A. The Psalmist appeals to God for help (vv. 1-2).

1. His appeal: "Be gracious to me O God."
2. The reason: His enemies have trampled him. Note the titles he uses for his enemies:
  - (a) *man* (v. 1): (which tends to emphasize mankind's mortality and weakness in contrast with the eternality and might of the Lord, ex. Job 33:12; Psa. 9:19-20).
  - (b) *Foe* (v. 2): (*insidious*) "watcher" (see Psa. 5:8; 27:11; 54:7; 59:10; 92:11).
3. His enemies threaten him continuously: ("All day" vv. 1, 2, 5).

B. The Psalmist confesses His trust in God (vv. 3-4).

1. He resolves to trust in God and does (*I will put my trust in You...I have put my trust*).
2. He is not afraid of mortal man (v. 4; see Psa. 118:6; Heb. 13:6). The psalmist asks a rhetorical question (also in vv. 8, 11 and 13). Note the Hebrew word for *man in verse 4 is basar*, which is the same Hebrew word for flesh. It draws our attention on human frailty. Because the psalmist's foes are "flesh", they are mortal, weak and frail. This is true of all humanity.

**Application: When humans seek to incite fear in me, I will choose to not be afraid.**

C. The Psalmist describes his distress and appeals for deliverance (vv. 5-9a)

1. His enemies cause him grief, plan evil against him, plot, lie in ambush, watch his every move hoping for his death.
2. He prays for their destruction (v. 7 "bring them down").

## Psalm 56 Cont'd

### D. The Psalmist confesses his trust in God (vv. 9a-11)

1. God is on the Psalmist's side.
  - (a) God takes count of his wanderings (he is away from his homeland).
  - (b) His tears are precious to God. Note that the word for "bottle" is the skin bottle of the Middle East countries, holding a considerable quantity (Josh 9:4, 13; 1 Sam. 16:20; Psa. 119:83)
  - (c) The certainty that God is on his side is the ground of the psalmist's assurance that his enemies will be put to flight (v. 9)
2. The Psalmist repeats the phrase three times for emphasis: "In God, in the LORD, In God"
3. He repeats the rhetorical question of verse 4 "What can man do to me?" Here he switches the Hebrew word for man to *Adam* (*human beings as they have been created in God's image*). (See Rom. 8:31-39).

### E. The Psalmist vows to praise God because of His help (vv. 12-13).

Verse 13b is a rhetorical question: "Hast Thou not delivered my feet from stumbling, so the may walk before God in the light of the living?" The answer of course is a resounding YES!

Lesson: The fact that God is for us does not imply that we would not have enemies who seek to stoke fear in our lives. But in the midst of our fears and tears we can confidently trust in God who will surely be true to His promise. Thus we must offer thanksgiving to Him for what He has done and will do for us.

By God's Grace and for His glory,

Pr. Francis