

## Psalm 57

### A Psalm of David worth reflecting upon<sup>1</sup>

(Written when he fled from Saul and hid in the cave)

(Note: verses 7-11 are copied in Psalm 108:1-5)

### My request for deliverance

<sup>1</sup> LORD,

Saul is chasing me with an army of men, and I am hiding in this cave hoping he won't find me. Please pour out Your tender love and kindness upon me, and protect me from Saul. Please do, because Saul desires to overtake me like an F-5 tornado with its 300 mph winds in order to kill me. In spite of the danger, I trust in You to protect me from him now and in the future. <sup>2</sup> You are the MOST HIGH God, and You accomplish any and all things You set out to do. <sup>3a</sup> So, I will cry out to You in prayer with the confidence that You will send angels from heaven to protect and rescue me. At the same time You will show Saul You disapprove of his attacks against me.

Folks, stop what you are doing, and ponder the trustworthiness of the LORD.  
Realize that you can trust Him like I do and find real protection.

<sup>3b-4</sup> I am trapped in this cave trying to escape from men who are like ravenous lions seeking their next meal. I must hide here from men whose words are sharp, cutting, and every bit as damaging as if I were to experience a third degree burn. While I am hiding here I am confident that GOD will send forth His unchangeable tender love and kindness, and He will do it based upon the truth of His promises. <sup>5</sup> My God, Your greatness and power extend far above the heavens, and Your glory is greater than anything in or on the earth.

<sup>6</sup> Saul and his men have set traps for me over and over again in an attempt to destroy me. He has chased me so hard and for so long that I am weighed down under the emotional stress. It has been hard, but when the LORD determined that they had gone far enough in their evil, He allowed them to set one last trap against me. It was then that the LORD caused them to be caught and held in the same trap they set for me. Now I am free.

Folks, stop what you are doing, and ponder the trustworthiness of the LORD.  
Realize that you can trust Him like I do and find real protection.

### The LORD is to be praised and glorified

<sup>7</sup> Heavenly Father, I have accepted the LORD Jesus Christ<sup>2</sup> as my personal savior, and I am committed to serving Him for the rest of my life. My decision is fixed, and nothing will change that. Because Christ is so great and powerful, I will sing praises to Him with all of my being. <sup>8</sup> I will get out of bed early and welcome the dawn by singing praises to the LORD accompanied by the beautiful, edifying music of stringed instruments. <sup>9</sup> Father, I will give thanks to Jesus Christ among those who have been born again, and I will sing praises to Him in the presence of unbelievers of other nations. <sup>10</sup> Father, Your tender love and kindness is great, reaching into the heavens, and Your truth is so far-reaching that it extends beyond the farthest galaxy of the universe. <sup>11</sup> Let the whole world see how You are greater than anyone or anything in power, authority, wisdom, strength, and love, and let Your glory be seen throughout the entire known universe.

<sup>1</sup> Peter A. Steveson, Psalms, copyright © BJU Press, Greenville SC, pg. 221

<sup>2</sup> In John 14:6, Christ said, "I am the way, the truth, and the life. No man comes to the Father, but by me." Therefore, the name "Jesus Christ" has been used."