

PSALMS

Lyrics OF *Prophecy*

57/150

Psalm - The Songs

Psalm 57

Take Refuge in God and Sing Praises to God
Until Destruction Passes By

Read and Observe

Read through Psalm 57 and mark every reference to God with a red triangle, including pronouns or synonyms.

Read through Psalm 57 and mark every reference to destruction, lions, sons of men, him who tramples, etc. along with any pronouns or synonyms with an orange capital "W."

Read through Psalm 57 and underline every "I will" with brown.

Read through Psalm 57 and mark every reference to lovingkindness and truth with a purple circle whenever they are used together.

Read through Psalm 57 and mark every reference to the truth with a red circle filled in with yellow.

Read through Psalm 57 and look for a phrase that is repeated (very close wording). Circle the verse number of both and draw a line from one to the other.

Read through Psalm 57 and divide the passage into the following segments. Mark and title these segments in your text using brackets in the margin.

1. The Refuge
2. The Lions
3. The Praises

Read and Answer

Psalm 57:1-3

To whom is the psalmist speaking?

What does He want from God?

Why? What does the psalmist need?

Point of Connection

According to tradition, David wrote this psalm when he fled from Saul in the cave.

Tradition also records David wrote this psalm for the choir director and "set" it to *Al-tashheth*, which translates literally as "Do not destroy."

You can read about the incident below.

*Now when Saul returned from pursuing the Philistines, he was told, saying,
"Behold, David is in the wilderness of Engedi."
Then Saul took three thousand chosen men from all Israel
and went to seek David and his men in front of the Rocks of the Wild Goats.
He came to the sheepfolds on the way, where there was a cave;
and Saul went in to relieve himself.
Now David and his men were sitting in the inner recesses of the cave.
The men of David said to him,
"Behold, this is the day of which the LORD said to you,
'Behold; I am about to give your enemy into your hand,
and you shall do to him as it seems good to you.'"
Then David arose and cut off the edge of Saul's robe secretly.
It came about afterward that David's conscience bothered him
because he had cut off the edge of Saul's robe.
So he said to his men, "Far be it from me because of the LORD
that I should do this thing to my lord, the LORD'S anointed,
to stretch out my hand against him, since he is the LORD'S anointed."
David persuaded his men with these words and did not allow them to rise up
against Saul.
And Saul arose, left the cave, and went on his way.
1 Samuel 24:1-7*

In whom is his soul taking refuge?

What metaphor does the psalmist use for his place of refuge?

What does the "shadow of Your wings" seem to portray? (Don't try to think too deeply here; I'm just looking for a generally broad answer. Think about what the psalmist needs and why.)

How long will the psalmist take refuge in the shadow of God's wings?

Will the destruction last forever?

Why not? (From the text.)

To whom is the psalmist crying or calling out?

What is the significance of the psalmist crying out to God Most High?

What does he know for sure that God does for him?

Gotta ask. Do *you* know for sure it is God who is the end of everything that concerns you, that it is God who accomplishes, performs, and completes the situations in your life? Do you cry out to Him in faith for help when destruction comes your way? Who or what is your refuge in times of trouble?

What does the psalmist expect that God will do in response to his cry for help?

- 1.
- 2.
- 3.

4.

5.

How does God deal with the ones who trample on the psalmist?

What will God, in heaven, send?

1.

2.

What will God's lovingkindness and truth accomplish?

Psalm 57:4-6

Who, or what is surrounding the psalmist?

Why does he describe them as lions? Do lions fit into the category of fierce and violent?

How does the psalmist describe the lions?

1.

2.

3.

4.

What do these things have in common? Breathing forth, teeth, and tongue.

Like we find in so many of the psalms, what are the psalmist's enemies doing (in addition to trying to kill him)?

Have you ever been the victim of malicious gossip, character assassination, or slander? Have you ever been falsely accused, and your reputation smeared?

What did you do?

What will you do next time?

Where does the psalmist have to lie down for rest?

Do you think it would be easy to get any real rest?

Would it be possible? How?

Although the psalmist was physically surrounded by his enemies, what else does he reveal?

What is the soul?

What impact does being surrounded by those who seek to kill him have on the psalmist internally and emotionally?

Despite the inner turmoil and stress, what does the psalmist choose to do?

Contemplate the answer to this question. *Where* is the psalmist, and what is his situation when he *chooses* to praise God?

Do you have the same choice available when you are in a crisis? Are you in one now? What choice will you make? What choice will you make the next time you are in a "no-win all-seems-lost" situation?

Point of Depth

**Right smack dab in the middle of laying his burdens and fears before God,
before he is even finished telling God all about his predicament,
David breaks out in praise.**

**The Hebrew word for exalted is “ruym”
and means “to be high actively, to rise or raise.”**

**This is so interesting.
Although the psalmist is praising God
by declaring His glory to be above the heavens and the earth,
he is foremost pleading with God to actively rise up and show
His elevated and ennobled eminence and superiority over all His creation.
He wants God's glory to be seen and realized!**

“Rise up, O God! Don't wait any longer! Let them all see who You really are!”

**David wanted it at that time.
Saints through the ages have wanted it in their time.
I want it now, don't you?**

**That wonderful time still lies ahead somewhere soon in the future.
It is God's will that His glory is seen by His creation; He will cause it to happen.
The day will come.**

Write out Psalm 57:5 below. While you are writing, pray this prayer to the Glorious One.

David returns to describing his enemies' scheme against him, but with a twist. What does he say his adversaries have done?

What is a net used for?

David knows this, but what is his demeanor?

Why?

Point of Depth

The LORD sustains all who fall and raises up all who are bowed down.
Psalm 145:14

***You younger men, likewise, be subject to your elders;
and all of you, clothe yourselves with humility toward one another,
for GOD IS OPPOSED TO THE PROUD, BUT GIVES GRACE TO THE HUMBLE.
Therefore humble yourselves under the mighty hand of God,
that He may exalt you at the proper time.***
1 Peter 5:5–6

What have David's enemies done in connection with the net they prepared?

The picture here is one of catching prey by digging a pit in the quarry's daily path. A net would then be spread across the hole's opening, hiding it from the victim's view. The prey would go about its daily activities using its normal pathways, falling into the pit unawares. David's enemies have set a trap for him, but what happens instead? (In my Bible, I put a little smiley face by the last line of this verse.)

Point of Depth

**Do you see the word *Selah* in your Bible, probably over to the right?
Selah is often thought of as an interlude or pause, especially in a musical piece.**

**David's psalm is most definitely a musical piece.
It isn't hard to image why he put a *Selah* at this precise point in his psalm
David is pausing, contemplating, savoring the moment.
He is definitely thinking more about what God has done for him**

than what his adversaries are trying to do to him.

The same thing can be said of why he inserted a *Selah* in the middle of verse 3.
Read it and picture David, halting his composing,
laying his tools and his creative thoughts to the side for a moment.
Picture him putting his full attention to his God,
the God of his prayer,
his Deliverer.

Definitely a *Selah* moment...

Psalm 57:7-11

After David pauses his thoughts and remembers *precisely who* He is praying to, he breaks out in extravagant praise! Does he offer praise *about* God, or does he praise God to His "face"?

What does he tell God about his heart (his feelings)?

David repeats that his heart is steadfast, to be erect, firm, established, and prepared. He repeats himself for emphasis and intensity. Why? What is his situation? What has he asked of God?

How much of a "done deal" does David consider God's answer to his prayer?

Because his heart is firm and established, trusting in God's lovingkindness and faithfulness, what does he decide to do?

Again, does he repeat himself? What can you know?

Watch out, cave! You are about to be the perfect acoustical theatre, amplifying the inspired voice of a passionate man of God! What are the first three lines of his song, found in verse 8? Write them out below.

David demonstrates his firm, steadfast heart immediately. Can't you just picture David walking toward the cave's mouth, where he is energized by the warm, life-giving air, his chest filled, and his head raised? Can you see him meeting the glorious light, lifting his eyes and stretching out his arms in praise to the One who sends it? What does David intend to awaken?

1.

2.

3.

4.

Point of Depth

"Awake, my glory!"

**David, though still pursued by a gang of murderers,
manifests his ignited zeal and trust in His God.**

He puts the world-at-large on notice,

"I'm not waiting any longer!

I am showing the world who my God really is!

God is exalted above the heavens and the earth!

He, alone, is God!"

"Awake, harp! Awake, lyre!"

**David calls for the utmost implementation of praise
by awaking his instruments to enhance his verbal tribute.**

He commands them,

"No more delay!

Your purpose is clear!

The euphony of your strings must forever praise the Most High God!"

"Awake, dawn!"

**David rushes the dawn to make its appearance.
He stands ready to boom out thankful praise to the Creator of heaven and earth**

The earth needs to wake up!

"Rouse yourself from the night and show yourself, Dawn!

The nations need to listen!

The peoples need to hear!

His lovingkindness and truth are great!

**He is exalted over His creation!
He is God!"**

To whom will the psalmist give thanks?

Where?

To whom will the psalmist sing praises?

Where?

Does the psalmist expect to stay exiled in a cave for long? How do you know?

Why is the psalmist thanking and praising the Lord?

1.

2.

How great is the Lord's lovingkindness? (In Hebrew, this word for great means big, huge, loud, in size, importance, position, etc.)

How great is the Lord's truth, or faithfulness?

Read Psalm 57:11. Does it sound familiar? From where?

God is to be "put on a pedestal," so to speak. He is to be respected, esteemed, revered, and worshiped. Figuratively, where are we to acknowledge that His pedestal is?

The Hebrew word for glory is "*kabowd*" and means weight. The idea is that He is worthy of whatever weight you might put on a scale; His glory will always be heavier. To see His glory is to see who He really is. Where does the psalmist say God's glory is?

If God's glory is seen above all the earth, who can see His glory?

The question then becomes, "What will you do with what you see?"

Read and Reason

The world was divided into two groups, Jew and Gentile. Until the New Covenant is offered, and Jew and Gentile believers become one in the body of Christ, that is.

Almost exclusively, when you see the words peoples (plural) or nations (plural) you can know the author is referring to the Gentiles. Gentiles are all the people on the planet, except the Jews.

David's declaration was prophetic of the time when the gospel of the Christ would be offered to the Gentiles. That time came on the day of Pentecost two thousand years ago.

It is still the time of salvation for any who will believe.

Segment by Segment

**Try titling these segments yourself.
Ask God to help you.**

Verses 1-3

Verses 4-6

Verses 7-11

Purpose of Psalm 57

**Try to identify the purpose of Psalm 57.
The purpose simply states, "why the Psalmist wrote the Psalm."**

Theme of Psalm 57

**Try giving Psalm 57 a title by identifying its theme.
The theme simply states, "what the Psalm is about."**
