

Psalms 28

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YouTube Prayer Link

Psalm 28 Lamentation in affliction

The unforgiving world and difficult life bring us all kinds of challenges and pressures, causing us to feel helpless and depressed in our hearts. David reminds us that God is our solid shield, our eternal strength and comfort. As long as we truly rely on God's protection and guidance, we can face life's challenges with confidence and move forward with confidence. In the journey of life, we often encounter various challenges and dilemmas that make us feel helpless and frustrated. Psalm 28 tells us that God is our shield and our strength. When we learn to cry out to God and rely on Him for help, we will find that God is not on the far side of the world, but always with us, and God is our refuge and our solid shield. God gives us the courage and strength to face every challenge in life and to protect us from harm and danger. When we feel God's presence and trust in God's protection and guidance, our hearts will be filled with gratitude and praise, and we will use poetry and praise to express our endless gratitude and respect for God.

The cry of the psalmist, the cry of a dying man, the cry of a person who is persecuted and accused, the cry of a man who is no longer sure of his life. And he came to the house of the LORD and cried out, and his situation was very turbulent and shaken him. In the face of the wicked things that the wicked had done to him, and his life went to death, he came to the temple of the LORD and cried out to God, who was unshakable as a rock. When we are shaken by problems at work, broken marital relationships, or physical illnesses, we cry out to God and let His Word drip into our hearts like nectar to nourish and save us. In times of distress, the only thing we need to find is God.

The Lord is a refuge. David had spent his life galloping on the field, and when he wrote this poem, he was already in the twilight of his life. But fleeing Jerusalem from the rebellion of his son Absalom, he turned his life's glory into shame. In this life of glory and disgrace, David felt strongly that God's loving hands were watching over and guiding him. In such desperate circumstances, the psalmist was able to: (1) call

upon God to answer his prayers (vv.1,2); (2) pleading with God for retribution (vv.3~5); (3) Be confident that God will help you as always. Advance thanksgiving and praise

The most painful thing about lamenting in suffering is God's ignorance: his silence, his observance, his forsakenness; It's easy to make people despair. Of course, God didn't do that, but the psalmist felt it in his heart! Here the psalmist exhorts himself to believe that God has heard his prayers and to be comforted by faith in the knowledge of Christ's salvation.

David prayed to God, reminding us of what kind of God he is, as if to tell us that our faith will not be lost when we know who we are praying for. My Rock, David specifically reminds us that God is the Rock. He is steadfast, reliable, and unshakable. We sometimes lose faith because we forget that God is the Rock, steadfast, and trustworthy. When we forget, our faith will crumble, like a dying man. David separated himself from the wicked, because he had a clear conscience in him

We must understand that everything we do has consequences that we must bear. David knew, so he didn't avenge himself for himself. This is also the teaching of the book of Romans. Do not repay evil for evil; What is considered beautiful by the people should be done with care. If you can, do your best to be at peace with all. Do not avenge yourself, but rather give in and let the wrath of the Lord be. For it is written, "The Lord said, 'I will pay my vengeance.'"

Let's pray together.

Lord, teach us that we don't just call on You, that we care about You speaking to us, that You hear our voice. Lord, we are to pray until You speak to us. For we do not live by bread alone, but by every word that proceeds from Your mouth! Lord, when we pray, speak to us and show your thoughts, for your thoughts are not our thoughts, and your ways are not our ways. So pray that the Lord will show us Your higher ways and higher minds. Lord, we value how precious Your word is. Lord, to help us in our prayer life, we must come and seek that God speak to us. Pray that the Lord will lead us through a breakthrough in prayer and let us know that You have heard our voice of supplication! As David said. Lord, lead us through the sweetness of our interaction with You in prayer so that we may enjoy prayer more and more and pray to You more and more.

In Jesus' name we pray, amen.

A Prayer for Help, and Praise for Its Answer.

A Psalm of David.

**28 To you I call, O Lord,
My rock, do not be deaf to me,
For if You are silent to me,
I will become like those who go down to the pit (grave).**

²

**Hear the voice of my supplication (specific requests, humble entreaties) as I cry to You for help,
As I lift up my hands *and* heart toward Your innermost sanctuary (Holy of Holies).**

³

**Do not drag me away with the wicked
And with those who do evil,**

Who speak peace with their neighbors,
While malice *and* mischief are in their hearts.

4

Repay them according to their work and according to the evil of their practices;
Repay them according to the deeds of their hands;
Repay them what they deserve.

5

Because they have no regard for the works of the Lord
Nor the deeds of His hands,
He will tear them down and not rebuild them.

6

Blessed be the Lord,
Because He has heard the voice of my supplication.

7

The Lord is my strength and my [impenetrable] shield;
My heart trusts [with unwavering confidence] in Him, and I am helped;
Therefore my heart greatly rejoices,
And with my song I shall thank Him *and* praise Him.

8

The Lord is their [unyielding] strength,
And He is the fortress of salvation to His anointed.

9

Save Your people and bless Your inheritance;
Be their shepherd also, and carry them forever.

Psalm 28 is a powerful prayer of David, expressing his deep trust in God for justice and deliverance. It is a psalm of both lament and thanksgiving, demonstrating the dynamic interaction between human need and divine provision. Here is a full description of the psalm, highlighting important verses, and reflecting on its spiritual influence.

Psalm 28: Full Description

Structure:

- Verses 1-2: David's desperate plea to God for help.
- Verses 3-5: A prayer for justice against the wicked.
- Verses 6-7: Thanksgiving for God's response and deliverance.
- Verses 8-9: A final prayer for God to protect His people.

Detailed Breakdown:

1-2: A Desperate Cry for Help

In these opening verses, David is pleading for God not to remain silent. He is facing distress, perhaps from enemies or difficult circumstances, and feels as though God is not responding. His urgent prayer expresses a sense of helplessness:

- "To You, O Lord, I call; my rock, do not be deaf to me" (v. 1) — David addresses God as his "rock," emphasizing his reliance on God's stability and strength. This is a plea for God to not ignore his cry in a time of need.
- "For if You remain silent, I will be like those who go down to the pit." (v. 1) — David fears that without God's help, he will perish like those in the grave. His distress and desperation are palpable.

3-5: Prayer for Justice Against the Wicked

David turns his attention to the wicked who oppose him and the people of God. He asks God to punish them according to their deeds:

- "Do not drag me away with the wicked, with those who are workers of iniquity." (v. 3) — David differentiates himself from the wicked, asking God not to treat him the same as those who are evil.
- "They speak peace with their neighbors, but evil is in their hearts." (v. 3) — The wicked are deceitful, pretending to be peaceful while harboring malice and treachery.
- "Repay them according to their deeds, according to the wickedness of their actions." (v. 4) — David calls for divine justice, asking God to repay the wicked according to their evil actions.
- "Because they do not regard the works of the Lord, nor the operation of His hands, He shall destroy them and not build them up." (v. 5) — The wicked have ignored God's work and will face destruction. Their disregard for God's actions and purposes is the basis for David's prayer for their judgment.

6-7: Thanksgiving for God's Answer

In verses 6 and 7, David expresses profound gratitude for God's response. He praises God for hearing his plea and answering him:

- "Blessed be the Lord, because He has heard the voice of my supplications!" (v. 6) — David celebrates God's faithfulness in answering prayer. He recognizes God's timely and gracious intervention.
- "The Lord is my strength and my shield; my heart trusted in Him, and I am helped; therefore my heart greatly rejoices, and with my song I will praise Him." (v. 7) — David describes the security and confidence he feels because of God's intervention. God is his "strength" and "shield," providing him with protection and deliverance. His faith and trust in God have brought him joy and peace, leading him to praise God with his song.

8-9: Prayer for the People's Protection

Finally, David prays for the well-being of God's people, extending his prayer from personal deliverance to the broader community:

- "The Lord is their strength, and He is the saving refuge of His anointed." (v. 8) — David acknowledges that God is not only his personal deliverer but also the protector of God's people, the anointed ones.

- "Save Your people, and bless Your inheritance; shepherd them also, and bear them up forever." (v. 9) — David prays for the protection, blessing, and guidance of God's people, asking God to be their shepherd and to carry them through life.

Important Verses:

- Psalm 28:1 - *"To You, O Lord, I call; my rock, do not be deaf to me."*
This verse captures the core of David's relationship with God — a relationship founded on trust and an urgent call for help. It demonstrates how we should approach God with both reverence and boldness in times of trouble.
- Psalm 28:4 - *"Repay them according to their deeds, according to the wickedness of their actions."*
This verse highlights God's justice. It serves as a reminder that God will bring judgment on the wicked, and we are encouraged to trust God to handle wrongdoings in His perfect way.
- Psalm 28:7 - *"The Lord is my strength and my shield; my heart trusted in Him, and I am helped."*
This verse is central to understanding how God is the source of strength and protection. It is a declaration of faith and gratitude for God's deliverance, showing how trust in God leads to joy and peace.
- Psalm 28:9 - *"Save Your people, and bless Your inheritance."*
This verse encapsulates the heart of God's care for His people. It reflects a communal prayer for the protection and welfare of the people of God, urging believers to not only seek personal salvation but also intercede for others.

Spiritual Influence:

1. **Trust in God's Response:** Psalm 28 emphasizes the importance of trusting in God's faithfulness to respond to our cries. In moments of distress, when it seems as though God is silent, believers are encouraged to persist in prayer, knowing that God hears and will act according to His will and timing.
2. **God as Our Strength and Shield:** A central spiritual lesson from Psalm 28 is the reminder that God is our strength and protection. When facing trials, adversaries, or the threat of injustice, we are invited to rely not on our own abilities but on God's power to defend and deliver us. This verse (v. 7) encourages Christians to turn to God for their security and assurance.
3. **God's Justice:** David's prayer for justice against the wicked demonstrates the importance of trusting in God to handle the injustices we face. As believers, we are reminded that God sees the evil in the world and will judge it appropriately. We need not take matters into our own hands but should wait on God's justice, knowing it will come in His perfect time.
4. **Gratitude and Worship:** Once God responds to our cries, our hearts should overflow with gratitude and worship. Psalm 28 encourages believers to give thanks for God's intervention and to express that gratitude through praise. Worship is not only a response to God's deliverance but also an act of trust and love.
5. **Intercessory Prayer for Others:** Finally, the psalm emphasizes the importance of praying not only for ourselves but for God's people as a whole. David's prayer in verses 8 and 9

expands beyond personal deliverance to a prayer for the well-being of the community. This teaches us to intercede for others, especially for those in the family of faith, asking for God's protection and blessing.

Conclusion:

Psalm 28 is a powerful example of how to approach God in times of crisis — with urgency, trust, and faith in His justice and deliverance. It highlights God's role as the protector and defender of His people, reminding us of the importance of both personal trust in God and intercession for others. This psalm inspires believers to remain steadfast in prayer, to rely on God's strength, and to praise Him for His faithfulness and salvation.