

Psalms 55

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Psalms 55

Cast all your worries on God

David committed adultery with Bathsheba, and with Joab the marshal the marshal, he murdered Bathsheba's husband, Uriah, and then married Bathsheba. In the eyes of Ahithophel, he must have been very angry and wanted to seek revenge, Ahithophel was the grandfather of Bathsheba and was once David's chief of staff. Therefore, as soon as Absalom rebelled, he took refuge in him. Distressing to David, he was so worried that he was hunted down by his son. In fact, there is no scene of the two armies going head-to-head, so there is no physical injury. David's pain was heartfelt, so why did the congregation defect? Why did the son take the lead in the rebellion? Why do so many people follow him? David felt that he was dying because of the rebellious spirit. It was the low point of his life, and he fled to a certain extent, and he longed to fly away as a winged bird at that moment. The betrayal of relatives and close friends was caused by God's discipline due to David's sin (2 Samuel 16:11-12), so David's fear and trembling were worse than physical pain.

When we are faced with great pressure and difficulties, it is inevitable that we will hope to "have wings like a dove" and walk away. But running away won't solve the problem, and no matter where we hide, our troubles will always be with us. The best way to do this is to "cast your burdens upon Jehovah," and he will lift us up like eagles with wings and truly "rest" in him.

'I will flee quickly to a place of refuge' (v.8), referring to David's departure from Jerusalem into the wilderness of Judah. It also means that he fled into God, and his mind was out of the storm. When we are in trouble, we should pray to "flee quickly to a place of refuge" so that we can escape from the "storm" of our environment only in Christ.

David was under tremendous pressure, he wanted to flee, he wanted God to turn the tongues of the rebels so that they could no longer communicate with each other, like the Tower of Babel; He wanted death to

come upon his enemies suddenly, and to let them live alive in hell, and some said, "Wasn't David a man after God's own heart?" How can he curse his enemies like this, isn't he an enemy we should love him? In fact, when under pressure, the curse represents a normal person, and when we are in pain, David thinks the same as we do. So why is he God's own person? Because he knows how to turn to God: "As for me, I will sue God, and the Lord will save me." "

There are those who do wrong and do not dare to turn to God for fear of being punished. But in God's grace, as soon as we know what we are doing wrong, we immediately turn to God. Even when we are wrong, God loves us and is willing to help us so that we can face our responsibilities and start anew. Whether we are facing stress or the ups and downs of life, God is willing to walk with us, and He is our God.

David's sighs and cries for the pain before him; Pray that God will judge the enemy; Prove your innocence and cry out to God for immediate deliverance. Make a vow to repent, be saved, and dedicate yourself to God; Salvation has not yet been accomplished, but faith will be done, thanks and praise. The author is not completely hopeless, even in the face of adversity. They cried out to God through prayer and believed that their prayers would be fulfilled, and they never lost their desire to thank and praise God. David never forgot to seek and pray before God at all times, from the beginning when David cried out to God in agony: "Hear my prayer, O God, and do not hide it from me," to the middle of the declaration of faith: "As for me, I ask God to complain, and the Lord will save me." And then to the final exhortation to those who are suffering the same trouble: "Cast your burden on Jehovah, and he will sustain you, and he will never shake the righteous." Therefore, we go to God at all times to cry out and pray, to cast our burdens on God who loves us.

As David prayed, he saw more and more clearly the whole picture of the battle, as they rose together against the kingdom of God. David saw in his spirit that Absalom and Ahithophel's rebellion was a rebellion against God, so he prayed that they would fall to Hades alive. He was trapped in his own pain and died, filled with fear, but when he prayed and confessed his problems, he saw that the enemies were gathered together to rebel and attack the kingdom of God, and this was the new height seen in the prayer of the refuge.

David walked into God's grace and cast his burden on God. He prayed not once or twice, but in the evening, in the morning, in the afternoon. We are to keep praying, because prayer is there to help us and strengthen our faith. We are to hold on to God. After each prayer, we find that our hearts are calmer than before the prayer, but soon they are churning again, so we have to pray again until we can let go.

We prayed together.

Dear Heavenly Father,

Thank You for Your love and mercy, and today we come to You to ask for peace and comfort. Lord, You are our refuge and strength, and Your hand is always there for us. No matter what difficulties or worries we encounter in life, You are there for us and call us to entrust all our burdens to You.

You are our light, guiding us out of the darkness. When we feel tired or disappointed, please give us the strength to set our hearts free with Your love and grace. Help us to let go of all our anxieties, fears, and insecurities and commit everything to You. For Thou hast spoken, Thou hast borne our burdens and given us rest.

Lord, may Your peace be like the waves of the sea surging in our hearts, so that we will no longer be anxious but trust in You. May every one of us believers find comfort in Your arms and surrender all our worries to You, for You will bear everything for us.

We give you all glory and thanksgiving, and in the name of Jesus Christ we pray, amen.

Psalm 55

Prayer for the Destruction of the Treacherous.

To the Chief Musician; with stringed instruments. A skillful song, *or* a didactic *or* reflective poem, of David.

55 Listen to my prayer, O God,
And do not hide Yourself from my plea.

2

Listen to me and answer me;
I am restless *and* distraught in my complaint and distracted

3

Because of the voice of the enemy,
Because of the pressure of the wicked;
For they bring down trouble on me,
And in anger they persecute me.

4

My heart is in anguish within me,
And the terrors of death have fallen upon me.

5

Fear and trembling have come upon me;
Horror has overwhelmed me.

6

And I say, "Oh, that I had wings like a dove!
I would fly away and be at rest.

7

"I would wander far away,
I would lodge in the [peace of the] wilderness. *Selah*.

8

"I would hurry to my refuge [my tranquil shelter far away]
From the stormy wind *and* from the tempest."

9

[a] Confuse [my enemies], O Lord, divide their tongues [destroying their schemes],
For I have seen violence and strife in the city.

10

Day and night they go around her walls;
Wickedness and mischief are in her midst.

11

Destruction is within her;
Oppression and deceit do not depart from her streets *and* market places.

12

For it is not an enemy who taunts me—
Then I could bear it;
Nor is it one who has hated me who insolently exalts himself against me—
Then I could hide from him.

13

But it is you, a man my equal *and* my counsel,
My companion and my familiar friend;

14

We who had sweet ^[b]fellowship together,
Who walked to the house of God in company.

15

Let death come deceitfully upon them;
Let them go down alive to Sheol (the nether world, the place of the dead),
For evil [of every kind] is in their dwelling *and* in their hearts, in their midst.

16

As for me, I shall call upon God,
And the Lord will save me.

17

Evening and morning and at noon I will complain and murmur,
And He will hear my voice.

18

He has redeemed my life in peace from the battle that was against me,
For there were many against me.

19

God will hear and humble them,
Even He who ^[c]sits enthroned from old— *Selah*.
Because in them there has been no change [of heart],
And they do not fear God [at all].

20

He [my companion] has put out his hands against those who were at peace with him;
He has ^[d]broken his covenant [of friendship and loyalty].

21

The words of his mouth were smoother than butter,
But his heart was hostile;
His words were softer than oil,
Yet they were drawn swords.

22

Cast your burden on the Lord [release it] and He will sustain *and* uphold you;
He will never allow the righteous to be shaken (slip, fall, fail).

23

But You, O God, will bring down the wicked to the pit of destruction;

Men of blood and treachery will not live out half their days.
But I will [boldly and unwaveringly] trust in You.

Psalm 55:

Psalm 55 is a deeply emotional psalm attributed to David, where he expresses his pain, distress, and feelings of betrayal, especially by a close friend. It is a prayer in which David calls out to God for help and deliverance from his enemies and from those who have turned against him. The psalm is structured as a progression from lament to trust in God's justice and deliverance.

Psalm 55: Breakdown and Key Themes

1. Opening Plea (Psalm 55:1-8) – Crying Out for Help

- **Verses 1-2:** David begins by calling on God to listen to his prayer and not hide from his plea. He is in distress, and his thoughts are troubled. He feels overwhelmed by the noise and oppression of the enemy, which leads him to cry out to God.
- **Verse 4-5:** David describes the intensity of his suffering. His heart is in anguish, and he is filled with fear and trembling, as though surrounded by a terror he cannot escape.
- **Verses 6-8:** David wishes for an escape from his troubles. He desires to flee from the situation and find rest, imagining a peaceful refuge away from the storm of conflict.

2. Betrayal and Conflict (Psalm 55:9-15) – The Pain of Betrayal

- **Verses 9-11:** David prays for God's intervention against the wicked, who are causing confusion and violence in the city. He describes how the people are deceitful and corrupt.
- **Verses 12-14:** The core of David's distress emerges in these verses, where he reveals that his pain is not just from enemies without, but from a close companion who has betrayed him. This person is someone with whom he shared intimate fellowship—someone who once shared peace with him. David expresses how heartbreaking this betrayal is, as it came from someone he trusted.
- **Verse 15:** David calls for justice, asking God to bring down the wicked, and his words suggest that the betrayal involves someone who may have even been part of his inner circle (perhaps Ahithophel, a close counselor, or a former ally).

3. Prayer for Deliverance and God's Justice (Psalm 55:16-23) – Trust in God's Justice

- **Verse 16-17:** In this moment of pain, David reaffirms his faith in God by committing to prayer. Even though he is deeply disturbed, he chooses to call on God at evening, morning, and noon, showing his continual devotion.
- **Verses 18-19:** David expresses his belief that God will redeem his soul from the battle that is set against him. God will hear his cry and respond because God is enthroned forever.
- **Verses 20-21:** David acknowledges the treachery of the person who betrayed him, whose words were smooth but whose actions were hostile.

- **Verses 22-23:** David encourages himself in the faith by stating that he will cast his burdens on the Lord, who will sustain him and not allow the righteous to be moved. David contrasts the fate of the righteous with the wicked—God will bring down the wicked into destruction, but the righteous will be protected.

Important Verses and Their Meaning

1. **Psalm 55:22 (NIV) – “Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.”**
 - This is one of the key verses in Psalm 55 and serves as a powerful spiritual reminder. David encourages the reader to cast all burdens and anxieties upon the Lord. God is faithful to sustain His people, and He will not allow them to be shaken by their circumstances. This verse highlights God’s provision and faithfulness to those who trust in Him.
2. **Psalm 55:12-14 (NIV) – “If an enemy were insulting me, I could endure it; if a foe were rising against me, I could hide. But it is you, a man like myself, my companion, my close friend, with whom I once enjoyed sweet fellowship at the house of God, as we walked about among the worshipers.”**
 - These verses capture the deep pain of betrayal. David is not only suffering from external threats but from a close friend’s betrayal. The betrayal is so painful because it comes from someone he trusted—someone he had shared worship with and was once in fellowship with. This passage reflects the agony one feels when trust is broken by someone they considered a friend.
3. **Psalm 55:16-17 (NIV) – “As for me, I call to God, and the Lord saves me. Evening, morning and noon I cry out in distress, and he hears my voice.”**
 - Here, David expresses his commitment to continually cry out to God for deliverance. His situation is dire, but he remains steadfast in his trust in God’s ability to save. The repetition of "evening, morning, and noon" shows David’s constant and persistent prayer life, reinforcing the importance of bringing all burdens before God.
4. **Psalm 55:19 (NIV) – “God, who is enthroned from of old, who does not change—he will hear them and humble them, because they have no fear of God.”**
 - This verse highlights God’s unchanging nature and His authority. David reassures himself that God, the eternal and just ruler, will hear his prayers and deal with the wicked who do not fear God. The phrase "He does not change" emphasizes God’s constant faithfulness and reliability.
5. **Psalm 55:23 (NIV) – “But as for me, I trust in you.”**
 - Despite all the betrayal, hardship, and injustice, David asserts his trust in God. This declaration stands as a spiritual anchor in the midst of turmoil, emphasizing that trust in God is the foundation of hope and deliverance.

Spiritual Influence and Applications

1. **Prayer as a Refuge in Times of Trouble**

- One of the key spiritual influences of Psalm 55 is the importance of prayer in times of distress. David's example teaches us that, no matter how deep the pain or difficult the situation, we can always turn to God in prayer. David's honest and raw expression of his emotions in prayer shows us that God invites us to bring our fears, anxieties, and burdens before Him. Prayer is a refuge where we can express our pain and receive peace from God.

2. Trusting God in Betrayal

- Betrayal by close friends or allies can be one of the most painful experiences in life. Psalm 55 speaks to anyone who has felt the sting of betrayal, especially from someone they trusted. David's response is to turn to God, trusting that He will handle the situation. The psalm teaches that, even in the face of betrayal, we can rely on God's justice and His faithfulness. God will ultimately take care of us and bring justice, even when human relationships fail.

3. Casting Our Cares on God

- Psalm 55:22 teaches us the importance of casting our cares upon God. This verse offers a practical and powerful way of dealing with stress, anxiety, and the burdens of life: entrusting them to God. When we release our anxieties into God's hands, He promises to sustain us. This is not a passive act but an active choice to trust in God's care and provision.

4. God's Justice and Protection

- The psalm ultimately points to God's role as a just ruler who will protect the righteous and bring judgment on the wicked. In the face of injustice, the psalmist trusts that God will deal with those who harm others. This encourages believers to hold on to the hope that, while injustice may prevail for a time, God will ultimately make things right.

5. Persistent Trust and Hope

- David's persistence in prayer—calling to God "evening, morning, and noon"—is a powerful reminder of the need for continual trust in God. Even when life feels overwhelming, we are encouraged to keep coming to God in prayer, never ceasing to trust in His ability to deliver. This encourages believers to maintain their faith and hope in God, no matter how long the trial may last.

Conclusion

Psalm 55 is a poignant and powerful psalm that teaches us about the depths of human pain, especially the anguish of betrayal, and the corresponding depth of trust that we can place in God. Through David's example, we are reminded to call out to God in distress, to trust in His justice, and to cast our burdens on Him. The psalm encourages believers to maintain persistent prayer, to trust in God's faithfulness, and to rely on His protection and deliverance. It is a psalm that calls us to remember God's unchanging nature, His eternal justice, and His loving care for His people.