



June 28, 2011 - Psalm 56:1

Hi everyone,

Today we begin Psalm 56 as we move to a new quarter of memorization. As we have done when we began Psalms 143, 100 and 101, I encourage you read through all of Psalm 56 before you memorize verse 1; it will allow you to see its overall message. As I read it, I saw David trusting God even in the midst of his enemies. I believe this Psalm is going to challenge us to do the same, so I hope you are ready. As we begin, let me also encourage you to keep reviewing all the verses we have already memorized in the other Psalms. These are rich scriptures we surely don't want to forget. The Holy Spirit will use them to minister to us again and again. So... let's get started.

In the NASB Psalm 56:1 reads,

**"Be gracious O God, for man has trampled upon me;
fighting all day long he oppresses me."**

As we begin, let's first look at the whole of Psalm 56. As I said earlier, there is a definite theme of trusting God throughout it. We all know this idea of reliance upon the Lord is easy to reference in the midst of "spiritual moments" like church and Bible study, but often hard to live out in the reality of day to day living where enemies surface, struggles arise, emotions swell and dangers threaten.

David certainly understood all that. In fact, he wrote this Psalm when the Philistines seized him in Gath. Knowing this and in looking at the whole Psalm, I believe we will find several things. First of all, we will find David is just like us. Although he has a heart for God, he struggles to trust Him in the midst of trials and pain. Because of that, we will find David often teeter totters between worry and trust... just like us. But the greatest discovery of all will be embracing a complete trust as we surrender, every part, every concern, every worry, every enemy, every emotion, every threatening danger, every tear... everything, all of it, to the Lord. David wrote this Psalm, but God is the true author of scripture. I believe as we are faithful to memorize

Psalm 56, God is going to send a solid message... we can trust Him!

So... verse 1: David begins with a full outcry to the Lord. He says, "**Be gracious O God, for man has trampled upon me...**" Ever felt like that? "Trampled" is a pretty intense word. It means beaten down, defeated, treated arrogantly, overwhelmed. This word brings Psalm 143 to mind for me. Remember Psalm 143:3 that spoke of the enemy saying, "**he has crushed my life to the ground.**" Here is reality... we do feel trampled at times. A tragic event might trample us or maybe something that keeps pressing against us and just won't let up. These things can leave us feeling alone and vulnerable with no support. But what makes it even worse is when our enemy is not a thing, but a person or even persons. Then we also feel violated, hurt, rejected and even isolated.

For David, in this situation, the Philistine enemies at Gath were "**fighting all day long and oppressing him.**" Just to give a little more understanding here, David had a lot of history in Gath. Gath is where he slew Goliath as a young boy. Many other battles in the land of Gath had given him victory. But now, the enemy has trampled upon him in Gath. Talk about messing with your mind... when a place of victory has suddenly become a place of defeat, it is easy for our trust to wane. These enemies in Gath were dealing it to him all day long! For us, if we are dealing with a human enemy, they may or may not be in our physical presence all day long, but it can sure feel like they are as we allow their words and actions to replay in our thoughts and hearts throughout the day. Instead, God calls us to trust Him.

This week, verse 1 leaves David crying out to God for His grace, feeling oppressed, feeling like it will never let up. But because we have read the whole chapter, we know that is not the final word at all. Even in oppression we can find a place of trust. So, let's bring it home to our own hearts. Are you feeling trampled upon today? Like something or someone is oppressing you all day long?

There is a word for you in Psalm 56... cry out to God for His grace in your life and TRUST HIM!



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