



### July 5, 2011 - Psalm 56:2

Hi everyone,

I hope you got off to a great start memorizing verse 1 of Psalm 56. This is a great passage and I know it is going to reap strong fruit in each of us as we avail ourselves to meditating on it and memorizing it. As the theme of Psalm 56 is trusting God, I have no doubt that we all need to learn to trust Him more. It reminds me of the words in a hymn which I have sung many times throughout my life, "Jesus, Jesus, how I trust Him, how I've proved Him o'er and o'er. Jesus, Jesus, precious Jesus, O for grace to trust Him more." I sang it when I was small and now in my forties, the words still ring true. I need grace to trust Him more every day. I know God ministers that grace to us through His Word and His Spirit. Let's seek Him in that way as we continue to memorize this week.

In the NASB, Psalm 56:2 reads,

**"My foes have trampled upon me all day long,  
for they are many who fight proudly against me."**

In verse 1 we saw David crying out for the grace of God as his enemies trampled upon him. He expressed that he felt oppressed and that this oppression was coming at him all day long; it just never let up.

It is right for us to "cry out" to God for His grace. Lord knows we need it all day long every day! As we turn our eyes heavenward, we can move into a place of trust. In reading through the whole chapter of Psalm 56, I sensed the Holy Spirit speaking something to me about that. I noticed verse 2 is basically a repetition of verse 1. Take note that in verse 2 David says again, **"My foes have trampled upon me all day long..."** As I read this, here is what the Spirit spoke in my heart: Sometimes we move from "crying out" to a place of "trust," and sometimes we move from "crying out" to a place of "whining."

Track with me here... David had already shared his trouble, so why say it again? Repeating our

troubles only takes energy and places our focus on the issue. When we are in a battle, our focus needs to quickly move to the Lord. We will find in verse 3 that David will move to a place of "trust" in the Lord. How much better to declare this trust quickly as we cry out? Most of us eventually get to a place of "trust," but so often we "cry out," then camp in "whining" for a while, and then finally move to "trust."

Also, here is what often happens in the "whining"... we become focused on man as we focus on our troubles. When our focus is upon man, it is impossible to trust God. Notice in the second part of verse 2 that David says, "**for they are many who fight proudly against me.**" Where is his focus? It isn't on declaring the faithfulness and power of God... It is on man (notice the word "they").

Here is the point, simple yet clear: How much better to cry out to the Lord and then quickly position ourselves in a place of trusting Him? I like what Joyce Meyer has said many times, "It is so much better to fellowship with the Lord, than to fellowship with our problems."

There is a good word for us in Psalm 56:2... Cry out to God for His grace and then quickly move to a place of TRUST!



**If you are just joining us in this memorization project...welcome! The weekly devotions for the previous verses are available on our website by clicking on "A Year of Psalms" on the home page.**  
**[www.establishedfootsteps.com](http://www.establishedfootsteps.com)**

[Forward email](#)



This email was sent to establishedfootsteps@hotmail.com by [establishedfootsteps@hotmail.com](mailto:establishedfootsteps@hotmail.com) | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Established Footsteps Inc | 598 Minuteman Dr | Newport News | VA | 23602