

## Deliverance

### Scripture

“«To the Chief Musician. Set to "The Silent Dove in Distant Lands." A Michtam of David when the Philistines captured him in Gath.» Be merciful to me, O God, for man would swallow me up; Fighting all day he oppresses me. My enemies would hound *me* all day, For *there are* many who fight against me, O Most High. Whenever I am afraid, I will trust in You. In God (I will praise His word), In God I have put my trust; I will not fear. What can flesh do to me? All day they twist my words; All their thoughts *are* against me for evil. They gather together, They hide, they mark my steps, When they lie in wait for my life. Shall they escape by iniquity? In anger cast down the peoples, O God! You number my wanderings; Put my tears into Your bottle; *Are they* not in Your book? When I cry out *to You*, Then my enemies will turn back; This I know, because God *is* for me. In God (I will praise *His* word), In the LORD (I will praise *His* word), In God I have put my trust; I will not be afraid. What can man do to me? Vows *made* to You *are binding* upon me, O God; I will render praises to You, For You have delivered my soul from death. *Have You* not *kept* my feet from falling, That I may walk before God In the light of the living?” (Ps 56:1-13 NKJV)

### Commentary

In the Psalm above, we find a model one might pattern his prayers after when calling for deliverance from his enemies. David had many physical enemies, hopefully you have none, but we all have one common enemy and that is sin. Let us learn from David’s cry a way to approach the Lord.

At the very first we must understand, as David did, that deliverance was to be found in God. How often we run to others who have no ability to help. Do not allow yourself to seek comfort by complaining to others. This will likely lead you to gossip, a balm that only perfumes the underlying rot of bitterness. Instead, seek the Almighty Lord who rules in all things, and who is able to do exceedingly abundantly above all that we ask or think.

Then, when you cry out to God, make sure you acknowledge your fears (verses 3&4). Pride has no place at the altar except to be slain. Have we not all been bloodied by sin? Surely each day we must confess our wayward ways.

Now, that you have humbled your heart spell out the specifics of your circumstance. The Lord knows before you ask, but the details rehearsed in your mind will give the Holy Spirit ground to plow. He will take the details and expose them to the light of Scripture. This is why it is critical that you hide God’s Word in your heart. If the soil is shallow and rocky, how shall the root sustain in the heat of the day?

This brings us to the most important or the overshadowing principle, trust in the Lord (vs. 8-11). It does no good to mouth prayers that are not embalmed with faith. Jesus said of the scribes and Pharisees, “These people draw near to Me with their mouth, And honor Me with *their* lips, But their heart is far from Me.” (Mt 15:8 NKJV) The safeguard against this sin is in the question posed by David, “What can man do to me?”

While David hoped for physical deliverance from his oppressors, he knew his ultimate deliverance was secure. Men may destroy our bodies, but no man can destroy our soul. If we always come to God with this understanding, then we will always find the peace we need. This attitude reflects an eternal perspective, and will result in a thankful heart, one that can endure the harshest trials and still praise God.