



World Christian Fellowship

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Psalms 70 **Seek in your trials!**

Psalms 70:1-5, *Make haste, O God, to deliver me! Make haste to help me, O Lord! ²Let them be ashamed and confounded Who seek my life; Let them be turned back and confused Who desire my hurt. ³Let them be turned back because of their shame, Who say, "Aha, aha!" ⁴Let all those who seek You rejoice and be glad in You; And let those who love Your salvation say continually, "Let God be magnified!" ⁵But I am poor and needy; Make haste to me, O God! You are my help and my deliverer; O Lord, do not delay.*

Psalms 40 and 70, David twice cried out to God to deliver him from his enemies and to thwart their evil plans.

Why does the Bible repeat the same prayer?

Believers need reminders not to follow the instincts of their flesh.

During a trial, turning to God is unfortunately not the first, second, or third instinct of many believers.

For many, it only happens when God removes every worldly solution the believer has relied upon for support.

David's Psalm 70 also points to the hope of salvation that is available only through faith in Jesus.

Today, believers also need reminders to turn to Jesus during their trials.

Through Psalm 70, Jesus reminds believers of seven reasons to turn to Him during a trial or an attack.

- 1. Deliverance,**
- 2. Protection,**
- 3. Justice,**
- 4. Joy,**
- 5. Salvation,**
- 6. Comfort, and**
- 7. Help through the Holy Spirit.**

In desperation, David cried out to God to hurry to rescue him from his enemies.

During your trials or whenever you are in need, Jesus also wants you to cry out to Him for deliverance.

David prayed for God to thwart the evil plans of his enemies. During your trials or whenever you are attacked, Jesus also wants you to cry out to Him for protection.

David pleaded with God to put to shame those who had mocked him. David made no effort to avenge the wrongs against him. During your trials, Jesus wants you to pray for your enemies and to leave vengeance and justice to Him.

David proclaimed his desire that all who would seek God would rejoice. During your trials, Jesus offers that you peace and joy when you seek Him with all your heart and soul.

David stated that those who love God's salvation would turn to Him in praise. This foreshadowed Jesus. Jesus offers to all a path to salvation. Those who accept it will one day turn to Him in praise.

David pleaded with God to hurry because he was afflicted and in need. During your trials, Jesus also wants you to turn to Him for comfort.

David called God his "help" and his salvation. This foreshadowed the Holy Spirit. He is your Helper in times of need and the down payment on your eternal salvation.

1. Deliverance:

During your trials, cry out to Jesus for Deliverance.

V 1, *Make haste, O God, to deliver me! Make haste to help me, O Lord!*

David prayed for God to deliver him from his enemies. Despite being a mighty warrior, David always turned to God for deliverance when his many enemies tried to kill him.

When you are attacked, most people try to rely upon their own abilities to defend themselves. But God wants you to turn to Him for deliverance.

Cry out to God when you need deliverance.

Psalm 40 contains David's nearly identical prayer.

Psalms 40:13, *Be pleased, O Lord, to deliver me; O Lord, make haste to help me!*

Psalms 40:17, *But I am poor and needy; Yet the Lord thinks upon me. You are my help and my deliverer; Do not delay, O my God.*

David also made similar cries for help throughout the Psalms.

Psalms 38:22, *Make haste to help me, O Lord, my salvation!*

Psalms 71:12, *O God, do not be far from me; O my God, make haste to help me!*

Psalms 141:1, *Lord, I cry out to You; Make haste to me! Give ear to my voice when I cry out to You.*

These cries are repeated for a reason.

Many believers know what the Bible says about turning to God. But many fail to do it. Because of our sinful nature, believers need repeated reminders.

God wants you to share your authentic and genuine feelings with Him.

Psalm 70 is remarkable because of the number of times that David tells God to “hurry”.

In just five verses, David urged God to either hurry or to not delay no less than four times!

To some, this might appear demanding or lacking proper reverence. But God never rebuked David for his prayers.

To the contrary, while praying, God gave David peace.

The message is that God wants you to be authentic and genuine with Him the way that a child might cry out to his or her parents.

You can be genuine in crying out a plea of desperation without being disrespectful. It shows that you have a relationship with God and the faith to know that you can turn to Him for your deepest concerns.

2. Protection.

During your trials, cry out to Jesus for Protection.

*V 2, Let them be ashamed and confounded Who seek my life;
Let them be turned back and confused Who desire my hurt.*

David prayed for God to thwart the plans of those who sought to harm him. Instead of picking up a sword and fighting his enemies, David prayed for God to protect him.

When you are attacked, Jesus also wants you to turn to Him for your protection. He can be your shield and your refuge.

Seek God's protection when others try to harm you.

Psalms 40:14, *Let them be ashamed and brought to mutual confusion Who seek to destroy my life; Let them be driven backward and brought to dishonour Who wish me evil.*

Psalms 35:4, *Let those be put to shame and brought to dishonour Who seek after my life; Let those be turned back and brought to confusion Who plot my hurt.*

Psalms 35:26, *Let them be ashamed and brought to mutual confusion Who rejoice at my hurt; Let them be clothed with shame and dishonour Who exalt themselves against me.*

Psalms 83:17, *Let them be confounded and dismayed forever; Yes, let them be put to shame and perish,*

These may not sound like polished Christian prayers.

But you can again be authentic and genuine with God when you pour out your heart to Him to obtain protection from your enemies.

God is a shield to those who take refuge in Him.

David previously praised God as his “shield” and his refuge.

Psalms 18:2, *The Lord is my rock and my fortress and my deliverer; My God, my strength, in whom I will trust; My shield and the horn of my salvation, my stronghold.*

Psalms 3:3, *But You, O Lord, are a shield for me, My glory and the One who lifts up my head.*

When God is your refuge, He will also be your shield.

Praise Jesus for His protection.

Jesus is your rock. Thus, He deserves your praise for His protection.

Deuteronomy 32:4, *He is the Rock, His work is perfect; For all His ways are justice, A God of truth and without injustice; Righteous and upright is He.*

Do you praise Jesus for His protection and deliverance in your life?

Let Jesus also be your refuge in the wilderness.

Hebrews 6:18, *that by two immutable things, in which it is impossible for God to lie, we might have strong consolation, who have fled for refuge to lay hold of the hope set before us.*

Psalms 9:9, *The Lord also will be a refuge for the oppressed, A refuge in times of trouble.*

No one can replace the refuge that Jesus offers. Yet, He frequently uses His believers as the instruments of His refuge.

If His love is in you, He wants you to be a refuge to those in need.

Have you made yourself available to help a person like David in their time of need?

3. Justice.

During your trials, Leave Vengeance and Justice to Jesus.

*V 3, Let them be turned back because of their shame,
Who say, "Aha, aha!"*

David prayed for justice against those who mocked him. David also asked that those who taunted him and questioned his anointing be put to shame.

God granted David a covenant for his lineage to rule over the Jews (**2 Samuel 7:12–17**). Those who mocked David for claiming a God-given right to be king were in effect mocking God's Word.

David frequently turned to God when others mocked or ridiculed him.

The term "Aha, aha" appears three times in the Psalms as an expression of ridicule.

Psalms 35:21, *They also opened their mouth wide against me, And said, "Aha, aha! Our eyes have seen it."*

Psalms 40:15, *Let them be confounded because of their shame, Who say to me, "Aha, aha!"*

Psalms 129:5, *Let all those who hate Zion Be put to shame and turned back.*

This same phrase is also used to express ridicule in Ezekiel.

Ezekiel 25:3, *Say to the Ammonites, 'Hear the word of the Lord God! Thus says the Lord God: "Because you said, 'Aha!' against My sanctuary when it was profaned, and against the land of Israel when it was desolate, and against the house of Judah when they went into captivity,*

Whenever you face ridicule, turn to God for justice and resolution.

Jesus' enemies also mocked Him for His claims.

The enemies of Jesus also mocked Him for who He claimed to be.

Mark 14:65, *Then some began to spit on Him, and to blindfold Him, and to beat Him, and to say to Him, "Prophecy!" And the officers struck Him with the palms of their hands.*

Leave vengeance to Jesus, and He will bring you divine justice. When someone hurts you, you must also leave vengeance to Jesus.

Romans 12:19, *Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, "Vengeance is Mine, I will repay," says the Lord.*

Jesus will one day right every wrong. He will also bring about divine justice for every evil act against you. But you must wait for His timing.

Jesus will one day reign with justice and righteousness. The Bible promises that the Messiah Jesus Christ will one day reign over all the Earth with justice and righteousness.

Jeremiah 23:5-6, *"Behold, the days are coming," says the Lord, "That I will raise to David a Branch of righteousness; A King shall reign and prosper, And execute judgment and righteousness in the earth. ⁶In His days Judah will be saved, And Israel will dwell safely; Now this is His name by which He will be called: THE LORD OUR RIGHTEOUSNESS.*

You can trust Jesus to right every wrong and bring divine justice.

4. Joy.

During your trials, turn to Jesus to find Peace and Joy.

V 4,⁴*Let all those who seek You rejoice and be glad in You; And let those who love Your salvation say continually, "Let God be magnified!"*

David prayed for those who turn to God to find joy.

David promised that all who seek God will rejoice and find joy.

Jesus offers you peace and joy during your trials.

David repeatedly praised God for the joy He offers during a trial.

In Psalm 40, David also praised God for the joy that He offers to all who seek Him.

Psalms 40:16, *Let all those who seek You rejoice and be glad in You; Let such as love Your salvation say continually, "The Lord be magnified!"*

Psalms 35:27, *Let them shout for joy and be glad, Who favor my righteous cause; And let them say continually, "Let the Lord be magnified, Who has pleasure in the prosperity of His servant."*

When you seek Him, Jesus also offers to give you joy in the midst of any trial or conflict.

Jesus can bring you joy during even the worst trials or attacks.

Trust Jesus to also bless you with joy.

David, you cannot avoid moments of tragedy, sorrow, loss, or trials. But Jesus offers you "abundant" life.

John 10:10, *The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.*

The Psalms can help you to find joy by turning your focus away from yourself and back to God where it belongs.

When Saul was trying to kill David, David wrote in one of his many psalms that he would always praise God.

Psalms 34:1, *I will bless the Lord at all times; His praise shall continually be in my mouth.*

Psalms 9:2, *I will be glad and rejoice in You; I will sing praise to Your name, O Most High.*

Psalms 71:23, *My lips shall greatly rejoice when I sing to You, And my soul, which You have redeemed..*

If you are going through the motions when you worship, you should stop and examine your heart.

Trust in Jesus to restore your lost peace.

Jesus offers a peace that is not like the peace that the world offers.

John 14:27, *Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.*

Jesus promises peace that surpasses worldly understanding.

Is your happiness tied to your wealth and status?

If so, your peace is only temporary. It will likely disappear in the next crisis.

5. Salvation.

During your trials, Praise Jesus for Your Salvation.

V 4,⁴*Let all those who seek You rejoice and be glad in You; And let those who love Your salvation say continually, "Let God be magnified!"*

David also stated that those who love their salvation will praise God with joy.

David also prophetically proclaimed that all who love God's salvation will one day praise Him.

Magnification does not actually make an object bigger, and we can't make God bigger. Still, to magnify something or someone is to perceive it as bigger, and we must do that regarding God.

Praise Jesus for taking your sins to make your salvation possible.

David also praised God because He offered "salvation" and an "escape from death."

Psalms 68:20, *Our God is the God of salvation; And to God the Lord belong escapes from death.*

Jesus took our punishment and died for everyone because He loves us.

John 6:40, *And this is the will of Him who sent Me, that everyone who sees the Son and believes in Him may have everlasting life; and I will raise him up at the last day."*

How are you showing your gratitude to Jesus for your eternal salvation?

Praise Jesus in every context.

Praise and gratitude should not be limited to only the good times.

David praised God in both good and bad times.

When Saul was trying to kill David, David wrote in one of his many psalms that he would always praise God.

Psalms 34:1, *I will bless the Lord at all times; His praise shall continually be in my mouth.*

When Daniel learned that the king had signed an order that would result in him being thrown in the lion's den, he continued in his regular praises for God.

Daniel 6:10, *Now when Daniel knew that the writing was signed, he went home. And in his upper room, with his windows open toward Jerusalem, he knelt down on his knees three times that day, and prayed and gave thanks before his God, as was his custom since early days.*

Paul worshiped even when he was jailed for his faith.

Ephesians 5:20, *“always giving thanks for all things in the name of our Lord Jesus Christ to our God and Father”*

Do you worship God in both good and bad times?

When attacked, turn to Jesus with gratitude and praise for your salvation.

6. Comfort.

During your trials, turn to Jesus for Comfort.

V 5, *But I am poor and needy; Make haste to me, O God! You are my help and my deliverer; O Lord, do not delay.*

David cried out for God to comfort him in his time of need. In his hour of need, David again cried out for God to be with him and comfort him during his trial.

Jesus also offers you comfort when you turn to Him during your time of need. He in turn asks that you help others in need.

Turn to God when you need comfort.

Psalms 86:1, *Bow down Your ear, O Lord, hear me; For I am poor and needy.*

God offers comfort to you when you are in need.

Jesus offers you comfort when you turn to Him.

When you suffer, you can also turn to Jesus for His comfort.

2 Corinthians 1:3-4, *Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God.*

He restores you when you feel sad.

When others around you are in pain, Jesus also wants you to share with them the same “comfort with which we ourselves are comforted by God.

Are you showing the comfort that Jesus has shown you to those who are in need?

7. The Holy Spirit.

During a trial, turn to the Holy Spirit to be your Helper.

V 5, *But I am poor and needy; Make haste to me, O God!
You are my help and my deliverer; O Lord, do not delay.*

David prayed for God to act quickly in being his helper. David concluded his prayer by calling on God, his help, and his saviour, and urging God to act quickly to save him.

This prayer prophetically pointed to the Holy Spirit. He is your Helper, and He is always there to guide you.

David repeatedly referred to God as his “help”.

Psalm 70 five time that David called God his “help”.

Jesus fulfilled these prophetic words by making it possible for the Holy Spirit to dwell within you.

The Holy Spirit is your Helper. Jesus identified the Holy Spirit as the Helper in times of need.

John 14:26, *“But the Helper, the Holy Spirit whom the Father will send in My name, He will teach you all things, and remind you of all that I said to you.”*

The Holy Spirit is Jesus’ down payment on your salvation.

You also don't need to wait until you get to heaven to experience Jesus' joy. The Holy Spirit is a down-payment on your salvation.

The fruit of the Holy Spirit includes joy and peace (**Galatians 5:22-23**).

If you are lacking joy, pray for Jesus to remove the things that impede your ability to receive His blessings.

Through the Holy Spirit, Jesus will also give wisdom when you seek Him in prayer.

If you diligently seek Jesus' will in prayer, He also promises to give you wisdom through the Holy Spirit.

If, like David, you feel all alone, are you seeking Jesus' wisdom and His direction through the Holy Spirit?

Put your hope in Jesus when you are attacked.

When you face a trial or darkness, Jesus wants you to place your hope in Him alone for deliverance.

When you are attacked, do you place your hope in Jesus or in the things of this world?

