

Two Year Bible Trek
Week 35
Week 35 - Psalms 3, 4, 12, 13, 26, 28, 29, 32

Key Concepts: The key concepts here are that the Psalms are a complex mix of genres which were composed over an extended period of time.

Psalm Themes: the central theme with most of these Psalms is that of personal deliverance. What these Psalms remind us of is that life, even for the faithful is not always easy. They also raise the question of a direct relationship between faithfulness and deliverance.

Psalm 3 – in some ways this Psalm could be seen as a cry of David as he flees his enemies...though there is no direct evidence that this is the setting. However it focuses on the writer being beset by multiple foes that are arising against him. Even so the Psalmist is not afraid. Whether awake or asleep he knows that God will sustain him.

Psalm 4 – this Psalm is another looking for personal deliverance. The case here is not so much war or violence but unfair (at least to the Psalmist) accusations. In order to be delivered the writer cries out to God. The writer will also make appropriate sacrifices to God and in so doing find all of the peace that he needs. God will put joy in his heart.

Psalm 12 – this cry for help implies that there are no righteous people left. All people lie, boast and proclaim that they are their own masters. The writer asks God to protect him (us) from “this generation.” All around all he can see are the wicked and so needs protection.

Psalm 13 – Once again we have a cry for deliverance, yet couched in different terms. This writer feels completely abandoned by God. He cries out for God to answer him and wonders how long God will allow this oppression to last. He wants deliverance to come quickly before his enemies believe they have won.

Psalm 26 – this Psalm seeking deliverance begins with the proclamation that the writer has always walked in integrity. The claim is that the writer has done all of the right things and none of the wrong ones, thus God ought to deliver him from his enemies. The right things include the temple rituals as well as a willingness to tell others about God’s goodness.

Psalm 28 – here we have a plea for deliverance which begins with a cry to be heard from a position of prayer. It is followed with a request not to be lumped with the wicked as well as a request that the wicked be punished. It closes with praise to God and an affirmation that the writer trusts in God’s deliverance.

Psalm 29 – this Psalm breaks the pattern of looking for deliverance. It is instead an ode to the power and majesty of God. God is the God of the storm. In a sense it captures not only God’s power over the weather but over some of the mythological forces of chaos (the flood). In addition, because God sits enthroned on high, God can also bless God’s people.

Psalm 32 – this is a good psalm with which to end this section. In it the Psalmist offers words of gratitude for deliverance from sin. The writer is also very clear that any un-confessed sin ate away at him and it was only when he was forthright with God, that God become a hiding place for him where he was protected from trouble.

1. When have you ever cried out for personal deliverance? Has God ever acted?
2. Psalm 29 speaks of God’s power. Where do you see that power?
3. How does Psalm 32 speak to you about the importance of confession?