

# The Psalms

## *Psalms 55 & 70*

“Thy Word is a lamp unto my feet and a light unto my path.”  
Ps. 119:105

Thursday Bible Study  
Our Redeemer Lutheran Church

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### Psalm 55 – Cast Your Burden on the Lord

- An impassioned plea from David for God to help him in the face of his enemies. Probably came out of the rebellion of Absalom in 2 Sam. 15 - 16
- Especially painful for David was the betrayal of Ahithophel, his counselor.

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2

### Psalm 55 – Cast Your Burden on the Lord

- V. 1 – “Give ear to my prayer” – the psalmist was in deep affliction and pleaded that God would not turn away from him at this time of trouble.
- The prayer is that God would not withdraw or conceal himself. It reflects what often seems to happen when our prayers do not appear to be heard.

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Psalm 55 – Cast Your Burden on the Lord

- V. 2 – The language of earnest supplication, as if he was afraid that God would not regard his cry.
- V. 3 – What is his trouble? He has been slandered by those who bear a grudge with him.
- The word used for “oppression” is like being crushed with a heavy weight. The rebellion of Absalom and the betrayal of Ahithophel?
- False charges? See 2 Sam. 15:2-6

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Psalm 55 – Cast Your Burden on the Lord

- V. 4 – The depth of his anguish. The word means to “twist or writhe in pain”
- “Terrors of death” – He is afraid that the result of this rebellion would be his death.
- V. 5 – Fear so great as to produce trembling.
- V. 6 – What he would like to do is just fly away and be at rest.

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Psalm 55 – Cast Your Burden on the Lord

- V. 7 – He just wants to escape and be alone. In the wilderness, no one else is around.
- V. 8 – He just wants to run away and find shelter from the “storm” around him.
- V. 9 – “Divide their tongues” – May the advisors give confusing advice.
- V. 10 – The city was in anguish because of the revolt.

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Psalm 55 – Cast Your Burden on the Lord

- V. 11 – The rebellion has caused a level of lawlessness and deceit in the city.
- V. 12 – 13 --- It was not an enemy that has brought this slander and trouble on him. That he could bear. But it was a friend – a personal confidant. That is what makes this so hard to bear.
- V. 14 – They consulted together. They trusted one another. They worshiped together with the people.

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Psalm 55 – Cast Your Burden on the Lord

- V 15 – The psalmist calls for swift judgement on his enemies. He wants the earth to swallow them up as it did the sons of Korah (Num 16). “Sheol” means either the grave or the abode of the departed spirits.
- V. 16 – A simple statement of faith. God will help him.
- V. 17 – No matter the time of day, God will hear him.
- V. 18 – Actually, it is in the past tense – “He has redeemed me.” He is that confident that God will help him.

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Psalm 55 – Cast Your Burden on the Lord

- V. 19 – God shall hear him and afflict them. Here he uses the future tense – “God will afflict them,” because they won’t change and do not fear God.
- V. 20 – This verse is directed at the un-named enemy, the former friend who has turned against him.
- V. 21 – He was a hypocrite: he spoke pleasant words, but only to deceive and betray.

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Psalm 55 – Cast Your Burden on the Lord

- V 22 – “Cast your burden on the Lord.” A beautiful call to faith that the psalmist may be speaking to himself. He is certain that God will sustain him.
- V. 23 – God will bring about their destruction. Of that he is certain. As for David, he puts his trust in God.

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Psalm 70 – O Lord, do not delay!

- This psalm is very similar to Ps. 55. A memorial offering was burned to offer a “pleasing aroma to the Lord” so that God would remember the worshiper, but not his sins.
- V. 1 – “Make hast, O God, to deliver me!” - An appeal to God in the face of some unknown enemy. This verse is used in the opening versicles of Matins.
- V. 2 – The psalmist calls on God to put his enemies to shame and confusion.

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Psalm 70 – O Lord, do not delay!

- V. 3 – The enemies are mocking the psalmist and he wants God to turn that mockery back on them.
- V. 4 – He shifts his focus to those who seek the Lord with him. May they say, “God is great!”
- V. 5 – “Poor and needy” – not necessarily financially poor, but a humble attitude. God is his deliverer, and he is confident that God will come and help.

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