

Preaching the Psalms Series

(26)

Psalm 7

How to Be Delivered from Evil Pursuers, [Psalm 7:1-17](#)

Psalm 7:1-17 (NASB)

¹ “O LORD my God, in You I have taken refuge; Save me from all those who pursue me, and deliver me,

² Or he will tear my soul like a lion, Dragging me away, while there is none to deliver.

³ O LORD my God, if I have done this, If there is injustice in my hands,

⁴ If I have rewarded evil to my friend, Or have plundered him who without cause was my adversary,

⁵ Let the enemy pursue my soul and overtake *it*; And let him trample my life down to the ground And lay my glory in the dust. Selah.

⁶ Arise, O LORD, in Your anger; Lift up Yourself against the rage of my adversaries, And arouse Yourself for me; You have appointed judgment.

⁷ Let the assembly of the peoples encompass You, And over them return on high.

⁸ The LORD judges the peoples; Vindicate me, O LORD, according to my righteousness and my integrity that is in me.

⁹ O let the evil of the wicked come to an end, but establish the righteous; For the righteous God tries the hearts and minds.

¹⁰ My shield is with God, Who saves the upright in heart.

¹¹ God is a righteous judge, And a God who has indignation every day.

¹² If a man does not repent, He will sharpen His sword; He has bent His bow and made it ready.

¹³ He has also prepared for Himself deadly weapons; He makes His arrows fiery shafts.

¹⁴ Behold, he travails with wickedness, And he conceives mischief and brings forth falsehood.

¹⁵ He has dug a pit and hollowed it out, And has fallen into the hole which he made.

¹⁶ His mischief will return upon his own head, And his violence will descend upon his own pate.

¹⁷ I will give thanks to the LORD according to His righteousness And will sing praise to the name of the LORD Most High.”

([Psalm 7:1-17](#)) Introduction: all of us have a measure of control over our emotions. For some that level is much higher than it is in others. Some of us have short fuses; we are very easily and quickly incited. Others of us have a great deal of control over our feelings. Our patience is long, and it takes a great deal to push us to the point of becoming excited or distressed over a situation. Every individual, however, has a point at which his or her emotions are aroused.

David had reached that point when he penned [Psalm 7](#). He added the term *Shiggaion* to the introduction, which means that it was to be sung with intense emotion. This psalm was not originally composed for congregational use; David sang it directly to the Lord. As in [Psalm 5](#), David was being falsely accused, and the stakes were high. Cush the Benjamite was seeking to tear him apart, the way a lion ravages its prey ([v. 2](#)). David had reached his breaking point and cried out to the Lord to intervene on his behalf.

Psalm 7:2 (NASB)

²“Or he will tear my soul like a lion, Dragging me away, while there is none to deliver.”

Scripture does not reveal who Cush was. In fact, this is the only time he is mentioned in the Bible. The one detail provided about him is that he was a Benjamite, which identified him as a relative of Saul.

Because of this, most commentators speculate that the historical setting was Saul’s pursuit of young David, when some of Saul’s men spied on David and reported lies about him ([1 Samuel 24:9-10](#)); or the rebellion of Absalom, when some of Saul’s relatives rose up against him ([2 Samuel 16:5-8](#)).

This is, *How to Be Delivered from Evil Pursuers*, [Psalm 7:1-17](#).

1 Samuel 24:9-10 (NASB)

⁹“David said to Saul, “Why do you listen to the words of men, saying, ‘Behold, David seeks to harm you’?”

¹⁰Behold, this day your eyes have seen that the LORD had given you today into my hand in the cave, and some said to kill you, but *my eye* had pity on you; and I said, ‘I will not stretch out my hand against my lord, for he is the LORD’S anointed.’”

2 Samuel 16:5-8 (NASB)

⁵“When King David came to Bahurim, behold, there came out from there a man of the family of the house of Saul whose name was Shimei, the son of Gera; he came out cursing continually as he came.

⁶He threw stones at David and at all the servants of King David; and all the people and all the mighty men were at his right hand and at his left.

⁷Thus Shimei said when he cursed, “Get out, get out, you man of bloodshed, and worthless fellow!

⁸The LORD has returned upon you all the bloodshed of the house of Saul, in whose place you have reigned; and the LORD has given the kingdom into the hand of your son Absalom. And behold, you are *taken* in your own evil, for you are a man of bloodshed!”

1. **Take refuge in the Lord (vv. 1-2).**
2. **Search your heart to see if you are guilty of offending others (vv. 3-5).**
3. **Ask God to execute true justice and judgment (vv. 6-8).**
4. **Ask God to put an end to wickedness and to make the righteous secure (vv. 9-10).**

5. **Bear strong witness to the Lord; He is the righteous and fair judge (vv. 11-13).**
6. **Know that evil reaps bad results (vv. 14-16).**
7. **Praise God's Name: Praise Him because of His righteousness (v. 17).**

1. **(Psalm 7:1-2) Take refuge in the Lord.**

Psalm 7:1-2 (NASB)

¹“O LORD my God, in You I have **taken refuge**; Save me from all those who pursue me, and deliver me,
²Or he will tear my soul like a lion, Dragging me away, while there is none to deliver.”

Psalm 7:1-2 (NKJV)

¹“O LORD my God, in You I put my **trust**; Save me from all those who persecute me; And deliver me,
²Lest they tear me like a lion, Rending *me* in pieces, while *there is* none to deliver.

Because the sword of slander strikes in unpredictable and unknown places, it is usually impossible to dodge the hurt and pain it causes. The only place David could take cover from the deadly, two-edged tongue of Cush was in the Lord.

Psalm 7:1-2 (NASB)

¹“O LORD my God, in You I have **taken refuge** [**ḥāsâ**]; Save me from all those who pursue me, and deliver me,
²Or he will tear my soul like a lion, Dragging me away, while there is none to deliver.”

Psalm 7:1-2 (NKJV)

¹“O LORD my God, in You I put my **trust** [**ḥāsâ**]; Save me from all those who persecute me; And deliver me,
²Lest they tear me like a lion, Rending *me* in pieces, while *there is* none to deliver.

Trust (**ḥāsâ**) means to flee for protection or refuge (see **outline and notes—Ps. 2:12 for more discussion**). Only the Lord, David's omnipotent, faithful God, could shelter him from Cush's slanderous attacks.

Deeper Study Notes # 1-Psalm 2:12

e. Put your trust and take refuge in Him: You will be blessed (v. 12).

Psalm 2:12 (NASB)

¹²“Do homage to the Son, that He not become angry, and you perish *in* the way, For His wrath may soon be kindled. How blessed are all who take **refuge** in Him!”

Psalm 2:12 (NKJV) (KJV)

¹²“Kiss the Son, lest He be angry, And you perish *in* the way, When His wrath is kindled but a little. Blessed *are* all those who put their **trust** in Him.”

The wise will spy the gathering dark clouds of judgment, and, without hesitation, they will run to Jesus. **Trust** (**chasah**) means to seek refuge or protection.

“It is used literally of taking shelter from a rainstorm (**Isaiah 4:6**; **Isaiah 25:4**; **Job 24:8**) or from any danger in the high hills (**Psalm 104:18**).”

Isaiah 4:6 (NASB)

⁶“There will be a shelter to *give* shade from the heat by day, and **refuge** and protection from the storm and the rain.”

Isaiah 25:4 (NASB)

⁴“For You have been a defense for the helpless, A defense for the needy in his distress, A **refuge** from the storm, a shade from the heat; For the breath of the ruthless Is like a *rain* storm *against* a wall.”

Job 24:8 (NASB)

⁸“They are wet with the mountain rains And hug the rock for want of a shelter.”

Psalm 104:18 (NASB)

¹⁸“The high mountains are for the wild goats; The cliffs are a **refuge** for the shephanim.”

The only refuge—shelter, fortress, safe place—from God’s judgment is Jesus Christ. All who flee to Him will be *blessed*. If we have turned to Him, we will be safe in the terrible day of His wrath, but, even more, we will enjoy all that is promised to the righteous person in **Psalm 1**.

Thought 1. This powerful, prophetic psalm closes with an invitation: “*Take refuge in Him*” This is the passionate plea of God’s Spirit to every creature of Adam’s fallen race. The wrath of God has already been revealed by Holy Scripture, and it will surely be executed just as promised (**Romans 1:18**).

Romans 1:18 (NASB)

¹⁸“For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men who suppress the truth in unrighteousness.”

If we do not receive His Son, we are condemned to perish, to face eternal destruction and separation from God in hell. The only rescue from the fire is Jesus Christ. The only Ark of Safety from the storm of God’s coming judgment is His Son. He is the Shelter, the Rock of Refuge, the solid and unshakable Fortress. He will be your Savior, or He will be your Judge.

Excellent commentator Derek Kidner concisely summarizes the message of this great psalm: “*There is no refuge from Him: only in Him.*”

John 3:16 (NASB)

¹⁶“For God so loved the world, that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life.”

John 5:22-24 (NASB)

²²“For not even the Father judges anyone, but He has given all judgment to the Son,

²³so that all will honor the Son even as they honor the Father. He who does not honor the Son does not honor the Father who sent Him.

²⁴“Truly, truly, I say to you, he who hears My word, and believes Him who sent Me, has eternal life, and does not come into judgment, but has passed out of death into life.”

Romans 1:18 (NASB)

¹⁸“For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men who suppress the truth in unrighteousness.”

Romans 8:1 (NASB)

¹“Therefore there is now no condemnation for those who are in Christ Jesus.”

Revelation 6:16-17 (NASB)

¹⁶“And they said to the mountains and to the rocks, “Fall on us and hide us from the presence of Him who sits on the throne, and from the wrath of the Lamb;

¹⁷for the great day of their wrath has come, and who is able to stand?”

[End Notes Psalm 2:12]

1. (**Psalm 7:1-2**) Take refuge in the Lord.

Psalm 7:1-2 (NASB)

¹“O LORD my God, in You I have **taken refuge**; Save me from all those who pursue me, and deliver me,

²Or he will tear my soul like a lion, Dragging me away, while there is none to deliver.”

Psalm 7:1-2 (NKJV)

¹“O LORD my God, in You I put my **trust**; Save me from all those who persecute me; And deliver me,

²Lest they tear me like a lion, Rending *me* in pieces, while *there is* none to deliver.

a. Cry out for God to save and deliver you (v. 1).

Psalm 7:1 (NASB)

¹“O LORD my God, in You I have taken refuge; **Save** me from all those who pursue me, and **deliver** me,

David’s reputation, future, and his very life were held captive to Cush’s accusations. He cried out for God to *save* (**yāsha**) him—to set him free—to *deliver* (**nāṣal**) him from his persecutors. The latter is the same word David used in relating his experience of snatching a lamb out of a lion’s mouth (**1 Samuel 17:35**). This word sets up the image that follows.

1 Samuel 17:35 (NASB)

³⁵ “I went out after him and attacked him, and rescued *it* from his mouth; and when he rose up against me, I seized *him* by his beard and struck him and killed him.”

b. Describe the danger and helplessness of your situation: There is no one to rescue you (v. 2).

Psalm 7:2 (NASB)

² Or he will tear my soul like a lion, Dragging me away, while there is none to deliver.”

David compared his situation to that of a captured animal. He was like a helpless lamb held at bay by a hungry, roaring lion. Soon the lion would finish toying with him, take him in its mouth, rip him to pieces, and devour him. There was nobody to *deliver* or *rescue* David. If God did not save him, he would be destroyed.

Thought 1. David’s situation was extremely serious. In desperation, he cried out to the Lord. Each of us knows what it is like to be in a situation where nobody can help us, and all seems hopeless:

⇒ Being slandered and falsely accused, as it was with David.

⇒ Suffering a physical affliction, a deadly disease or life-threatening injury. Or even worse, such a threat to a loved one.

⇒ Facing financial bondage or a looming financial loss.

⇒ Dealing with a work situation where others are against us and setting us up for failure.

⇒ Feeling imprisoned or held captive by evildoers or by some uncontrollable, hopeless circumstance.

We must never forget that there is a place of refuge—a shelter, a safe place—for every desperate soul. Again, and again, this is the message of a psalm. When there is no other source of protection, the Lord can cover us. When there is nobody near to save us, the Lord can rescue us. When we are in bondage, the Lord can set us free.

When there is no means of escape, the Lord can make a way. When we are clenched in the lion’s mouth, the Lord can snatch us away to safety. There is no such thing as a helpless believer or a hopeless situation. God is always near, and He always hears when we cry out to Him. We can turn to Him, resting confidently in His faithfulness, His power, His sustaining grace, and His perfect plan for our lives.

2 Corinthians 1:8-10 (NASB)

⁸ “For we do not want you to be unaware, brethren, of our affliction which came *to us* in Asia, that we were burdened excessively, beyond our strength, so that we despaired even of life;

⁹ indeed, we had the sentence of death within ourselves so that we would not

trust in ourselves, but in God who raises the dead;

¹⁰ who delivered us from so great a *peril of death*, and will deliver *us*, He on whom we have set our hope. And He will yet deliver us.”

2 Timothy 4:18 (NASB)

¹⁸ “The Lord will rescue me from every evil deed, and will bring me safely to His heavenly kingdom; to Him *be* the glory forever and ever. Amen.”

Psalms 31:15 (NASB)

¹⁵ “My times are in Your hand; Deliver me from the hand of my enemies and from those who persecute me.”

Psalms 57:1 (NASB)

¹ “Be gracious to me, O God, be gracious to me, For my soul takes refuge in You; And in the shadow of Your wings I will take refuge Until destruction passes by.”

Psalms 71:1 (NASB)

¹ “In You, O LORD, I have taken refuge; Let me never be ashamed.”

Psalms 91:1-7 (NASB)

¹ “He who dwells in the shelter of the Most High Will abide in the shadow of the Almighty.

² I will say to the LORD, “My refuge and my fortress, My God, in whom I trust!”

³ For it is He who delivers you from the snare of the trapper And from the deadly pestilence.

⁴ He will cover you with His pinions, And under His wings you may seek refuge; His faithfulness is a shield and bulwark.

⁵ You will not be afraid of the terror by night, Or of the arrow that flies by day;

⁶ Of the pestilence that stalks in darkness, Or of the destruction that lays waste at noon.

⁷ A thousand may fall at your side And ten thousand at your right hand, *But* it shall not approach you.”

Proverbs 14:26 (NASB)

²⁶ “In the fear of the LORD there is strong confidence, And his children will have refuge.”