

Dr. Dean at Tucson Bible Church

Psalms: Out of the Depths

Lesson #1

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Dean Bible Ministries

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TUCSON BIBLE CHURCH
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OUT OF THE DEPTHS—PART 1

HOW TO FACE AND SURMOUNT
YOUR FEARS

1 Samuel 21:10–15; Psalm 56

1 Cor. 10:11, “Now all these things happened to them as examples, and they were written for our admonition, upon whom the ends of the ages have come.”

Two parts to 1 Sam. 21

1. David flees to Nob and seeks food and supplies from Ahimelech the priest.

1 Sam. 21:1–9

2. David then fled to Gath, to hide among his enemies the Philistines.

1 Sam. 21:10–15

1 Sam. 21:10, “Then David arose and fled that day from before Saul, and went to Achish the king of Gath.

1 Sam. 21:11, “And the servants of Achish said to him, ‘Is this not David the king of the land? Did they not sing of him to one another in dances, saying: “Saul has slain his thousands, and David his ten thousands”?’

1 Sam. 21:12, “Now David took these words to heart, and was very much afraid of Achish the king of Gath.”

1 Sam. 21:13, “So he changed his behavior before them, pretended madness in their hands, scratched on the doors of the gate, and let his saliva fall down on his beard.

1 Sam. 21:14, “Then Achish said to his servants, ‘Look, you see the man is insane. Why have you brought him to me?’

1 Sam. 21:15, “Have I need of madmen, that you have brought this fellow to play the madman in my presence? Shall this fellow come into my house?”

1. The Importance of the Psalms ...

“... the use of the psalms has almost fallen by the way to the detriment of the spiritual life of the church, and the prayers, hymns, and songs that have replaced the psalms in worship do not have the substance, power, and beauty that they have.”

~Dr. Allen Ross, *Psalms*

The Importance of the Psalms ...

“... the psalms were used to inform doctrine, inspire sermons, and provide the main resource for the development of the spiritual life.”

~Dr. Allen Ross, *Psalms*

The Importance of the Psalms ...

Gennadius, Patriarch of Constantinople (AD 458–471), would not ordain anyone who had not been diligently reciting the psalms;

The second Council of Nicaea (AD 587) concluded that no one was to be consecrated bishop unless he knew the Psalter thoroughly;

The eighth Council of Toledo (AD 653) ordered that no one be promoted to any ecclesiastical position who did not know perfectly the entire collection.

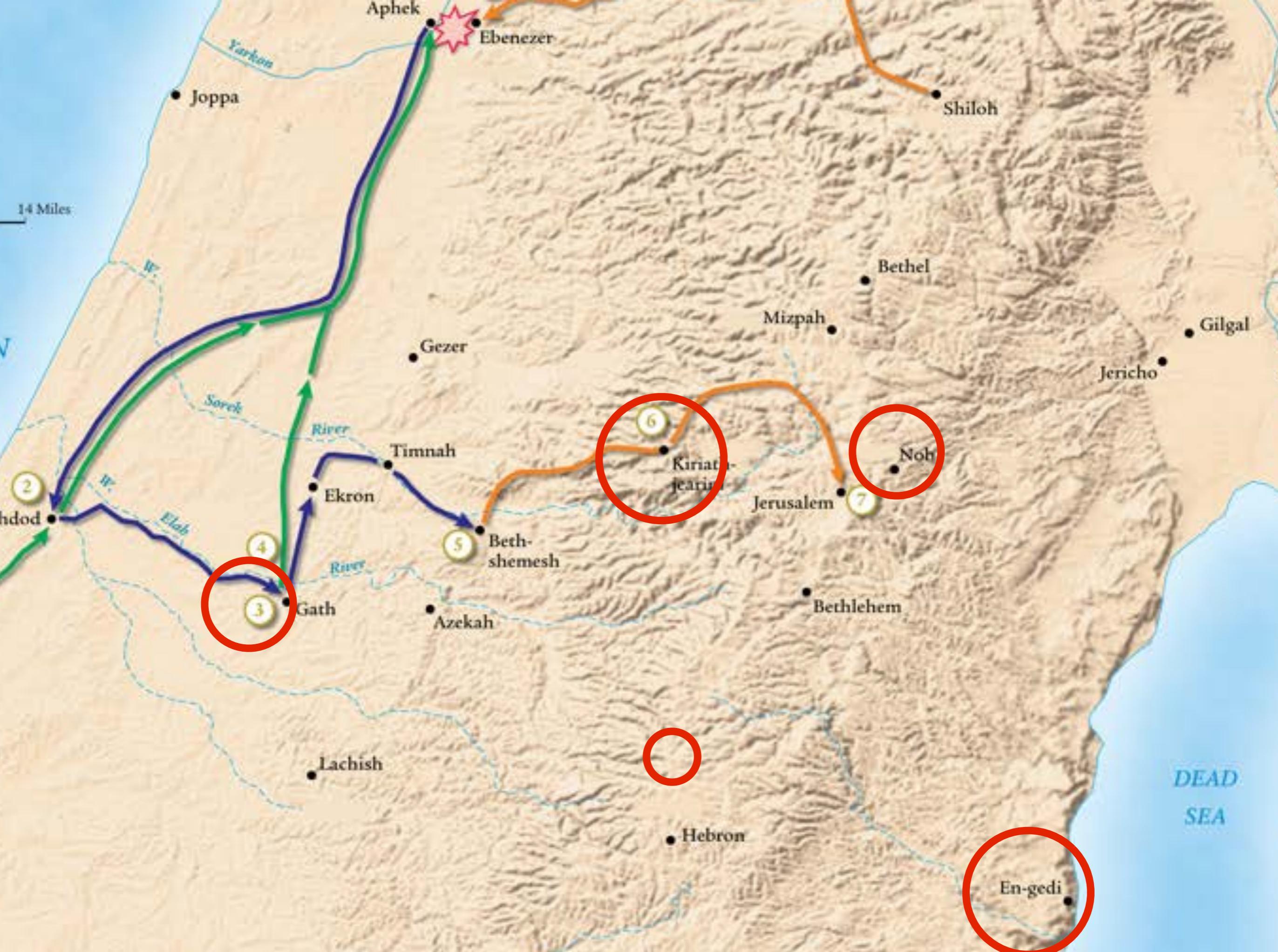
“Praying these prayers and singing these hymns were recognized to be essential to the spiritual life of believers, especially any who would lead the churches in devotion and worship.”

~Dr. Allen Ross, *Psalms*

“They should be the model for our songs of praise, the instruction for our prayers and meditations, and the inspiration for our quest for piety. They should also be considered for their benefit to our understanding of what worship is about, for they were inseparably bound to Israel’s worship by divine inspiration. Since prayer and praise—indeed, worship—must be informed, these psalms must be interpreted correctly, taught clearly, and preached convincingly. The church is missing one of its richest experiences if it ignores the Book of Psalms or relegates it to a routine reading in a service without any explanation.”

~Dr. Allen Ross, *Psalms*

2. Nowhere in that account though are we told that David was captured. But the superscript of Psa. 56 says he was.



Aphek

Ebenezer

Joppa

14 Miles

Shiloh

Bethel

Mizpah

Gilgal

Jericho

2

Sorek

River

Timnah

6

Kiriath-jearim

Noh

hdod

1

Elah

Ekron

5

Beth-shemesh

Jerusalem

7

3

Gath

Azekah

Bethlehem

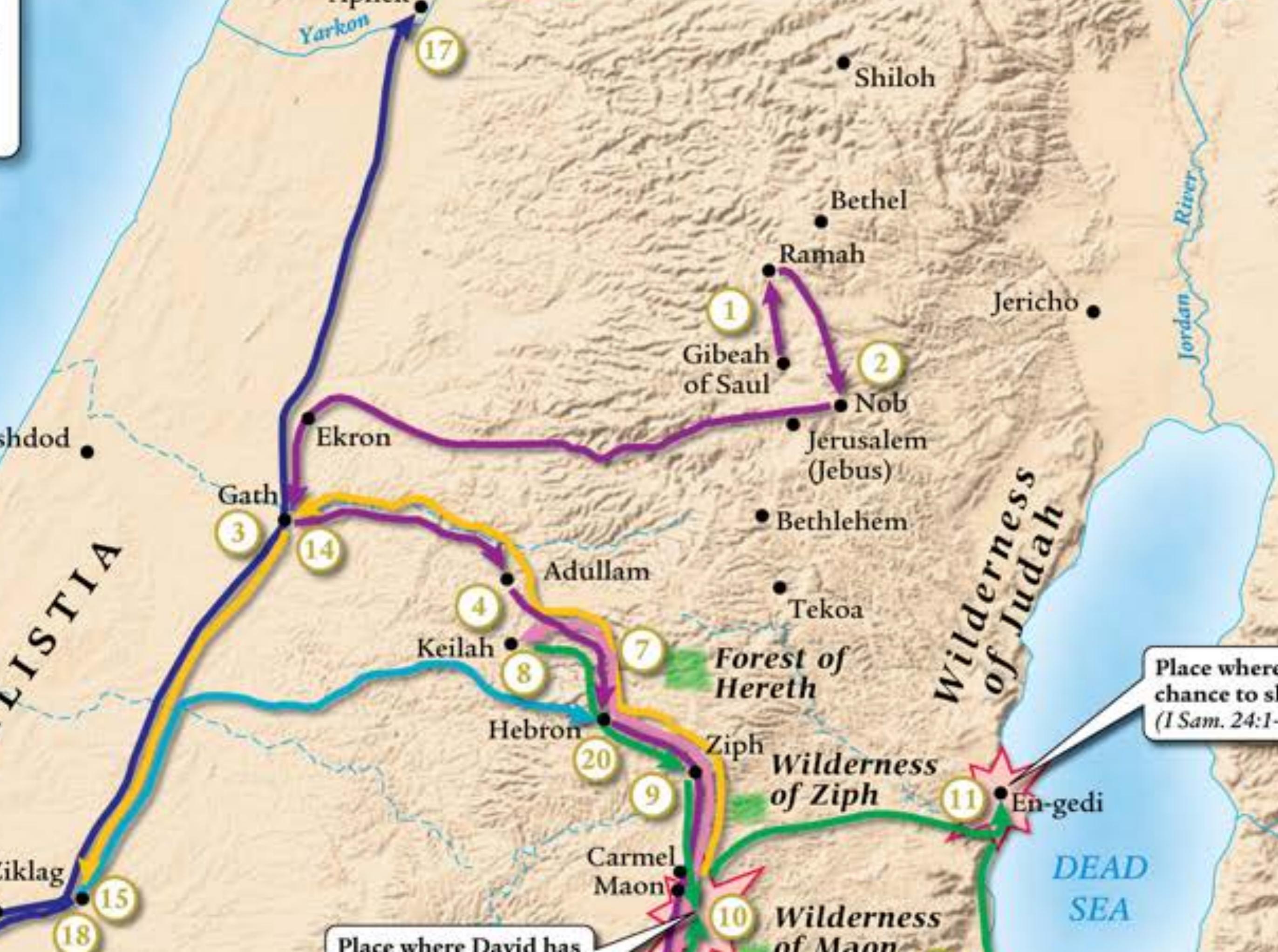
Lachish

4

Hebron

DEAD SEA

En-gedi



Yarkon

17

Shiloh

Bethel

Ramah

Jericho

1

Gibeah of Saul

2

Nob

Jerusalem (Jebus)

shdod

Ekron

Gath

3

14

Adullam

4

Keilah

8

7

Forest of Hereth

Tekoa

Hebron

20

Ziph

Wilderness of Ziph

9

Carmel Maon

10

Wilderness of Maon

Wilderness of Judah

11

En-gedi

DEAD SEA

Place where chance to sl... (1 Sam. 24:1-...

Place where David has

PHILISTIA

Giklag

15

18

3. The content of this Psalm is very similar to Psa. 54, 55, and 57.

4. Every believer deals with adversity. The *lament* psalms teach us how.

John 17:13, “But now I come to You, and these things I speak in the world, that they may have My joy fulfilled in themselves.

John 17:14, “I have given them Your word; and the world has hated them because they are not of the world, just as I am not of the world.

John 17:15, “I do not pray that You should take them out of the world, but that You should keep them from the evil one.

John 17:16, “They are not of the world, just as I am not of the world.

John 17:17, “Sanctify them by Your truth. Your word is truth.”

John 16:33, “These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.”

Rom. 12:2, “And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.”

5. Central verses in Psa. 56

**Psa. 56:4, “In God (I will praise His word),
in God I have put my trust; I will not fear.
What can flesh do to me?”**

**Psa. 56:10, “In God (I will praise His word),
in the LORD (I will praise His word),”**

- 1. Only all-powerful God can destroy our enemies, to Him we must appeal for protection and deliverance. Psa. 56:1–7**
- 2. God's care for the believer brings forth David's confidence in God and vow to acknowledge God's favor and grace. Psa. 56:8–13**

1. Only all-powerful God can destroy our enemies, to Him we must appeal for protection and deliverance. Psa. 56:1–7

**Psa. 56:0, “To the Chief Musician. Set to
‘The Silent Dove in Distant Lands.’ A
Michtam of David when the Philistines
captured him in Gath.”**

Psa. 56:1, “Be merciful to me, O God, for man would swallow me up; Fighting all day he oppresses me.

Psa. 56:2, “My enemies would hound me all day, for there are many who fight against me, O Most High.”

Synthetic Parallelism

The idea expressed in the first line of a verse is expanded and completed in the following line(s) (Psa. 1:1; 3:5, 6; 18:8–10; Prov. 26:3).

Psa. 56:1,

**“Be merciful to me, O God,
for man would swallow me up;
Fighting all day he oppresses me.”**

חנן-1 *chanan-1*

qal imper masc
sing

to show favor,
grace, mercy

Psa. 51:1, “Have mercy upon me, O God, according to Your lovingkindness; According to the multitude of Your tender mercies, blot out my transgressions.”

Psa. 57:1, “Be merciful to me, O God, be merciful to me! For my soul trusts in You; and in the shadow of Your wings I will make my refuge, until these calamities have passed by.”

Psa. 56:1,

**“Be merciful to me, O God,
for man would swallow [crush] me up;
Fighting all day he oppresses me.”**

חנן-1 חנן-1
qal imper masc
sing
to show favor,
grace, mercy

שאף sha'af qal perf 3
masc sing
to crush, to trample

Psa. 56:1,

**“Be merciful to me, O God,
for man would swallow me up;
Fighting all day he oppresses [pressures]
me.”**

חנן-1 *chanan-1*
qal imper masc
sing
to show favor,
grace, mercy

שאף *sha'af* qal perf 3
masc sing
to crush, to trample

לחם-1 *lacham-1* qal
part masc sing abs
to fight

לחץ *lachatz* qal
imperf 3 masc
sing
to oppress

Psa. 56:2,

**“My enemies would hound me all day,
for there are many who fight against me,
O Most High.”**

Psa. 56:2,

**“My enemies would hound [squeeze] me
all day,
For there are many who fight against me,
O Most High.”**

**לחץ *lachat* qal
imperf 3 masc
sing
to oppress**

**לחם-1 *lacham-1*
qal part masc sing
abs
to fight**

**James 4:4, “Adulterers and adulteresses!
Do you not know that friendship with the
world is enmity with God?”**

**Whoever therefore wants to be a friend of
the world makes himself an enemy of
God.”**

Psa. 56:3, “Whenever I am afraid, I will trust in You.

Psa. 56:4, “In God (I will praise His word), in God I have put my trust; I will not fear. What can flesh do to me?”

Psa. 56:3, “Whenever I am afraid, I will trust in You.

Psa. 56:4, “In God (I will praise His word), in God I have put my trust; I will not fear. What can flesh do to me?”

1-בטח *batach*-1
qal perfect 1
com sing
to trust, be
confident, be
safe, secure

1-בטח *batach*-1
qal imperf 1
com sing
to trust, be
confident, be
safe, secure

Psa. 56:3, “Whenever I am afraid, I will trust in You.

Psa. 56:4, “In God (I will praise His word), in God I have put my trust; I will not fear. What can flesh do to me?”

1-בטח *batach*-1
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safe, secure

1-בטח *batach*-1
qal imperf 1
com sing
to trust, be
confident, be
safe, secure

לְ (ʿel) unto,
into, beside,
against, in
reference to

בְּ (b^e-), in,
with

Psa. 56:5,

**“All day they twist my words;
All their thoughts are against me for evil.**

Psa. 56:6,

**“They gather together, they hide, they mark
my steps,
when they lie in wait for my life.”**

Psa. 56:5,

“All day they twist my words;

All their thoughts are against me for evil.”

2-עצב *atzav*-2

piel imperf 3 masc plur

to twist, bend, distort

מַחְשָׁבָה *machashavah*

comm fem plur

constr

thought, plans

Psa. 56:6,

**“They gather together, they hide, they mark
my steps,
when they lie in wait for my life.”**

Psa. 56:6,

“They gather together,

They hide,

they mark my steps,

**when they lie in wait for my life [literally,
‘my soul’].”**

גור-2 *gur-2*

qal imperf 3

masc plur

“to attack;

they stir up

strife”

צפן *tzafan*

hif imperf

3 masc

plur

“to hide,

lurk, sneak

around”

שמר *shamar*

qal imperf 3

masc plur

“to keep,

watch,

preserve”

Psa. 56:7,

“Shall they escape by iniquity?

In anger cast down the peoples, O God!”

Psa. 56:7,

“Shall they escape by iniquity?

In anger cast down the peoples, O God!”

אַף־2

comm masc sing

abs

nose, anger

עַם *am*

comm masc

plur abs

people, or

peoples

- 1. Only all-powerful God can destroy our enemies, to Him we must appeal for protection and deliverance. Psa. 56:1–7**
- 2. God's care for the believer brings forth David's confidence in God and vow to acknowledge God's favor and grace. Psa. 56:8–13**

**Psa. 56:8, “You number my wanderings;
Put my tears into Your bottle;
Are they not in Your book?”**