

Series: Pathway Through the Psalms

# MY HEART IS FIXED

## PSALMS 57

Text: Psalms 57:7

### ***Psalm 57:7***

*<sup>7</sup> My heart is fixed, O God, my heart is fixed: I will sing and give praise.*

Introduction:

We find David hiding in a cave as he fled from Saul – the cave of Adullam.

Note: Samuel 22:1-2

### ***1 Samuel 22:1-2***

*<sup>1</sup> David therefore departed thence, and escaped to the cave Adullam: and when his brethren and all his father's house heard it, they went down thither to him.*

*<sup>2</sup> And every one that was in distress, and every one that was in debt, and every one that was discontented, gathered themselves unto him; and he became a captain over them: and there were with him about four hundred men.*

This Psalms reveals David's faith in a time of trouble.

Remember faith doesn't have to have to have luxury to exist.

Faith is a matter of the well-being of the heart, not the well-being of one's circumstances.

Note:

## 1. THE PLEA OF THE PSALMIST (VS. 1-2)

This psalm begins with a plea or a prayer seeking help.

Notice:

### A. The Petition in the Plea

#### ***Psalm 57:1***

<sup>1</sup> ***Be merciful unto me, O God, be merciful unto me:*** *for my soul trusteth in thee: yea, in the shadow of thy wings will I make my refuge, until these calamities be overpast.*

This plea begins with a petition for mercy.

We see in this plea for mercy:

- Excellence

The psalmist wisely seeks mercy. To seek merit doesn't bring much blessing, but mercy brings abundant blessings.

We not only see the Excellence but also see:

- Earnestness

**Psalm 57:1**

<sup>1</sup> **Be merciful unto me**, O God, **be merciful unto me**: for my soul trusteth in thee: yea, in the shadow of thy wings will I make my refuge, until these calamities be overpast.

Note the repetition of the petition – “Be merciful unto me.”

The repetition reveals an earnestness in seeking of mercy.

Remember earnestness is important for a successful prayer life.

**James 5:16**

<sup>16</sup> Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

Notice not only the Petition in the Plea but also:

## B. The Persuasion for the Plea (vs. 1)

### **Psalm 57:1**

<sup>1</sup> *Be merciful unto me, O God, be merciful unto me: for my soul trusteth in thee: yea, **in the shadow of thy wings will I make my refuge**, until these calamities be overpast.*

Note:

- The Refuge – In the shadow of thy wings

The conduct of the psalmist reveals his faith in God.

Because he trusts in God, he seeks protection in God.

His prayer shows he is seeking God for his refuge.

Notice not only his refuge but also:

- The Restraint – Until these calamities be overpast.

The psalmists doesn't re-act but uses restraint knowing that the calamities will pass.

He believe God will triumph over his enemy.

We see not only the Petition and Persuasion in this Plea but also:

## C. The Person in the Plea (vs. 2)

### **Psalm 57:2**

<sup>2</sup> *I will cry **unto God** most high; **unto God** that performeth all things for me.*

The psalmist knew where to seek help.

Often we seek help from everyone but God.

No help is better help than God's help.

We have considered The Plea of the Psalmist but note secondly:

## **2. THE PERIL OF THE PSALMIST (VS. 4, 6)**

### **Psalm 57:4**

<sup>4</sup> *My soul is among lions: and I lie even among them that are set on fire, even the sons of men, whose teeth are spears and arrows, and their tongue a sharp sword.*

### **Psalm 57:6**

<sup>6</sup> *They have prepared a net for my steps; my soul is bowed down: they have digged a pit before me, into the midst whereof they are fallen themselves. Selah.*

In these two verses the psalmist speaks of the peril that he is experiencing and from which he wants God's help and mercy to rescue him.

Notice:

### A. The Might of the Peril

#### **Psalm 57:4**

<sup>4</sup> **My soul is among lions:** and I lie even among them that are set on fire, even the sons of men, whose teeth are spears and arrows, and their tongue a sharp sword.

Lions are mighty and powerful, and the psalmist uses this expression to portray the power and might of his enemy.

David's enemy Saul was very powerful compared to David and his small and weary group of men.

Notice not only the Might of this Peril but also:

### B. The Meanness in the Peril

#### **Psalm 57:4**

<sup>4</sup> My soul is among lions: and **I lie even among them that are set on fire**, even the sons of men, whose teeth are spears and arrows, and their tongue a sharp sword.

Fire consumes and destroys. David felt like he is lying in the midst of a fire that will shortly consume him if God doesn't intervene and rescue him soon.

Notice not only the might and the meanness in the Peril but also:

### C. The Mouth in this Peril

#### ***Psalm 57:4***

*<sup>4</sup> My soul is among lions: and I lie even among them that are set on fire, even the sons of men, **whose teeth are spears and arrows**, and their tongue a sharp sword.*

Note Their Teeth were like spears and arrows. Hurting and injuring the psalmist.

Note not only their teeth but also their tongue was a sharp sword.

#### ***Psalm 57:4***

*<sup>4</sup> My soul is among lions: and I lie even among them that are set on fire, even the sons of men, whose teeth are spears and arrows, and **their tongue a sharp sword**.*

Sometimes the deepest hurt comes not from swords of metal but the swords of the mouth.

David had been wounded deeply by the evil mouths around Saul who had lied about and slandered David to Saul.

We also see Might Meanness and Mouth in this Peril but also:

#### D. The Menace in the Peril (vs. 6)

##### ***Psalm 57:6***

*<sup>6</sup> They have prepared a net for my steps; my soul is bowed down: they have digged a pit before me, into the midst whereof they are fallen themselves. Selah.*

David describes this menace as a net and a pit again noting the effort of the enemy.

We will consider on final thought. We have noted the Plea and Peril of the Psalmist but lastly:

### **3. THE PRAISE BY THE PSALMIST (VS. 3, 5, 7-11)**

##### ***Psalm 57:3***

*<sup>3</sup> He shall send from heaven, and save me from the reproach of him that would swallow me up. Selah. God shall send forth his mercy and his truth.*

##### ***Psalm 57:5***

*<sup>5</sup> Be thou exalted, O God, above the heavens; let thy glory be above all the earth.*

##### ***Psalm 57:7-11***

*<sup>7</sup> My heart is fixed, O God, my heart is fixed: I will sing*



and give praise. <sup>8</sup> Awake up, my glory; awake, psaltery and harp: I myself will awake early. <sup>9</sup> I will praise thee, O Lord, among the people: I will sing unto thee among the nations. <sup>10</sup> For thy mercy is great unto the heavens, and thy truth unto the clouds. <sup>11</sup> Be thou exalted, O God, above the heavens: let thy glory be above all the earth.

Like most of the psalms, this psalm offers much praise in it in spite of the perilous circumstances.

Note

A. The Person for this Praise (vs. 5, 11)

**Psalm 57:5**

<sup>5</sup> Be thou exalted, **O God**, above the heavens; let thy glory be above all the earth.

**Psalm 57:11**

<sup>11</sup> Be thou exalted, **O God**, above the heavens: let thy glory be above all the earth.

These two verses are identical.

The praise in these verses is directed to God.

Close:

We will face perilous times in our lives but we must trust God in those time. It's easy to react but we should use restraint allowing the Lord to work out the details.