

# Deliver Me

Psalm 25:16-21

Dr. Paul Cannings

## A. Overwhelmed (vs. 16-17):

1. To Turn – David commands God to come in His direction and give him the attention he needs.
2. To Turn – When we are committed to live in submission to the will of God, the Lord tells us to pray with boldness (Luke 11:8-13) and confidence (John 15:7; 1 John 3:19-22).
3. Gracious to me – David commands God to generously show kindness and mercy towards him.
4. Gracious to me – The Lord promises that no matter who may forsake us, when we trust Him and walk with Him, He will never leave us nor forsake us (Psalm 23; Matthew 28:20; John 15:1-5), and He will bless us (Psalm 112; 128).
5. Lonely – David is saying that he feels like he is in solitude, to himself and very lonely.
  - a) A sense of loneliness emerges clearly in these verses. David is still surrounded by troubles and enemies, because nothing in his world offers either fellowship or consolation; he desires the friendship of God, of which he spoke so confidently (v 14), and so prays that the Lord will “turn” to him (v 16) and end his loneliness and affliction. The acuteness of the loneliness and the sense of distance from God are amplified by their dual source; they are partly a consequence of the psalmist being surrounded by enemies who create trouble and partly a consequence of the awareness of sin within (v 18b) which, if not removed, would bar him from the divine friendship.<sup>[1]</sup>

6. Lonely – There are instances where difficult times can make us feel alone but we must remember that the Holy Spirit lives in us forever (John 14:16-17; Ephesians 1:3-4) and the Lord is committed to guard us with His angels (Psalm 34:7-9; Hebrews 1:14).

7. Afflicted - There are times we feel that the pressures of life are oppressive, causing us to feel distressed and miserable.

a) The affliction, of whatever, transpired was regarded by David as a punishment sent on him for his sins. He was time deeply conscious (vers. 7, 11) and deeply repentant. Probably they included his great sin (see the comment on ver. 11).<sup>[2]</sup>

b) When we are afflicted, we naturally inquire *whether* the affliction is not on account of some particular transgressions of which we have been guilty; and even when we cannot trace any *direct* connexion with sin, affliction suggests the general fact that we *are* sinners, and that *all* our troubles are originated by that fact. One of the benefits of affliction, therefore, is to call to our remembrance our sins, and to keep before our mind the fact that we are violators of the law of God. See Matt. 9:2.<sup>[3]</sup>

8. Afflicted - We can feel that God is allowing us to be abused by all that is going on around us. This is not true. . God refines (1 Peter 1:6-9) and disciplines those whom He loves (Hebrews 12:5-6).

9. Troubles of the heart – In David’s deepest most innermost feelings there is anguish and distress because of the circumstances that are surrounding him to the point that it is difficult to find wisdom and understanding.

a) In Biblical language the center of the human spirit, from which spring emotions, thought, motivations, courage and action are – “the wellspring of life” (Pr. 4:23; NASU, Bible Study notes).

10. Enlarge – The distress and anguish David feels deep inside is very expansive like the spacious land of the Canaanites. It was like this in the past and continues into the present and it does not seem like there are any changes in the future.

11. Bring me out of my distresses – Because David’s circumstances are getting worse, he commands God to take charge by moving him away from all his external pressure so that he is delivered from the hardship and distress he is experiencing.

12. Bring me out of my distresses – *“All discipline for the moment seems not to be joyful, but sorrowful; **yet to those who have been trained by it, afterwards it yields the peaceful fruit of righteousness.**”* (Hebrews 12:11; NASU) God personally rescues those who choose to live righteous (Psalm 34:19).

## **B. Notice Me (vs. 18-19):**

1. Look upon – David commands God to inspect all that he is experiencing so that God has a complete intellectual understanding of why he feels lonely, troubled and afflicted.

a) The eyes of the Lord being upon David is constantly David’s desire. He needs and desires God’s attention (vs. 16, 18, 19). Eyes can also mean that David desires God’s attention.

2. Afflicted and troubled - David needs God to have a complete understanding of his discomfort and pain that arises from the weariness that comes from his hard and most difficult experiences as he works each day. His work is so difficult that it not only is painful, but has also become a drudgery.

3. Forgive all my sins – David commands God to remove all of the times that he knew what God was saying but chose not to do it. He is commanding God to lift those sins off of him and carry them away from him. He does not need anything that can divide Him from God.

a) Beginning with his own affirmation that he trusts the Lord for deliverance (v. 15), the psalmist called on God to forgive (v. 18; cf. vv. 6–7, 11) his afflicted soul and deliver him from the distress caused by his cruel enemies (v. 18). Again he asked that in being rescued he not be put to shame (cf. v. 20), and he affirmed his hope in God (v. 21; cf. vv. 3, 5; hope in the Lord is mentioned more than two dozen times in the Pss.). The last request was for the deliverance of Israel ... from her troubles (v. 22).<sup>[4]</sup>

4. Forgive all my sins – Living with a passionate desire to walk holy before God should always be there because it exposes our sincere desire to know God. This empowers us to be protected and blessed by God.
5. Look upon my enemies – After David requests that God take away his sins, he commands God to carefully inspect his situation so that He gains a full understanding of all that his enemies are doing.
  - a) He “looks upon” their “enemies” with wrathful jealousy for His own honor and for His people’s safety (Exod. 14:24). (cruel hatred; The Hebrew (*chamas*) “cruel” expresses *violence and injustice* (v. 3, end). The number and the violent injustice of the believer’s enemies are strong reasons with God for interposing, both through regard to His people and through His hatred of injustice. [] <sup>[5]</sup>
6. Many; abounding - David’s enemies are a very large number of people.
7. Hate, unloved – David’s enemies from the past to the present are intensely hostile towards him. With no change in sight they desire no relationship with him and are adversely bitter towards him.
8. Violent hatred – David’s enemies are not just hostile towards him, but their violence is executed with such anger it is extremely oppressive and adversely repulsive.
9. Guard my soul – David commands God to pay careful attention to him so that God does all he can to preserve his life each and every day so that he can be productive, despite the adversity against him.

## **C. Rescued (vs. 20-21):**

1. Guard my soul – Walking in the Spirit of God (Ephesians 3:16-19; 5:15-18) is our victory because it leads to our protection (the armor of God) since we do not wrestle with flesh and blood (Ephesians 6:11-19). To turn away, because of how we feel, leads to our destruction (Hebrews 10:37-39).

2. Deliver me – David commands God to physically remove him from his inner anguish and the violent attacks of his enemies. This is because He trusts God’s love and he expects God to protect Him (Psalm 34:19).

3. Do not let me be ashamed – David commands God to not allow his enemies to violently take everything from him (strip him naked so he has nothing) so that he lives in disgrace.

4. I take refuge in you - David makes the decision to decisively put his trust in God believing that God would provide him a place filled with peace while God fights for him.

5. Integrity – David commits to allow the truth and facts of whatever he is facing to guide him as he seeks to live a life of moral excellence in respect of who God is.

a) Not that a man’s own “integrity” saves him,; but it is the evidence of God’s grace in him, and is pleasing to God, so that we may be sure God will “preserve” such a one. *God’s part is expressed in Ps. 40:11, “Let thy loving-kindness and thy truth continually preserve me.”*<sup>[6]</sup>

7. Uprightness - David commits to also live with the mindset to be decisive about submitting his life to the word of God. Despite his pain he willfully, intentionally decides to walk with God. This is what trust in God looks like.

a) Thus it is probable that the words “integrity” and “uprightness” do refer to the psalmist, indicating not sinlessness, but his penitent state and determination to obey God (v 11). His prayer is not based on self-confidence with respect to his worthiness, but rather in the trust that his attitude toward God, of repentance and worship, is of such that he may legitimately expect God’s answer and protection. So he continues to *wait for* God (v 21), as he had been doing when he first opened his mouth in prayer (v 1). Though there is no reference in the Psalm to the divine response, the psalmist has moved closer, both by praying for forgiveness as he became more aware of his own unworthiness and by converting his confidence into praise (vv 8–14).<sup>[7]</sup>

8. Preserve me; watch – David knows that to live with integrity and in an upright manner would cause God to guard like a military army (Psalm 34:7-9) his innermost feelings from despair and protect him from his enemies.

9. Preserve me; watch – It is the fruit of the Spirit that brings us peace (Galatians 5:22), not responding to the desires of the flesh (Galatians 5:19-21). A person who chooses to respond to all that the flesh is driving them to do does not experience the work of the Spirit (Galatians 5:21; ‘ will not inherit the kingdom of God: i we will not experience the Holy Spirit movement in our lives; Ephesians 1:13-14).

10. For I will wait for you – David not only decided to live with integrity and in an upright manner, but he also decided to remain steadfast in his faith, while enduring all that is taking place in him and outside of him, with an eager expectation that God would deliver him. He decided to put his complete faith in God despite his circumstances.

11. For I will wait for you – He decided to put his complete faith in God despite his circumstances. This is his victory (Psalm 34:1-15, 17-19; Isaiah 40:27-31).

a) This conversation reveals how important it is to remain faithful to God during times of concern. Because the psalmist knows God is listening and has helped in the past, he voices his present concerns to Him (25:6). As each level of the dialogue brings new revelation of truth, he responds with trust and obedience (25:8–11).<sup>[8]</sup>

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<sup>[1]</sup> Craigie, P. C. (1983). [Psalms 1–50](#) (Vol. 19, p. 221). Word, Incorporated.

<sup>[2]</sup> Spence-Jones, H. D. M., ed. (1909). [Psalms](#) (Vol. 1, p. 182). Funk & Wagnalls Company.

<sup>[3]</sup> Barnes, A. (1870–1872). [Notes on the Old Testament: Psalms](#) (Vol. 1, p. 228). Blackie & Son.

<sup>[4]</sup> Ross, A. P. (1985). [Psalms](#). In J. F. Walvoord & R. B. Zuck (Eds.), *The Bible Knowledge Commentary: An Exposition of the Scriptures* (Vol. 1, p. 813). Victor Books.

<sup>[5]</sup> Fausset, A. R. (n.d.). [A Commentary, Critical, Experimental, and Practical, on the Old and New Testaments: Job–Isaiah: Vol. III](#) (p. 157). William Collins, Sons, & Company, Limited.

<sup>[6]</sup> Fausset, A. R. (n.d.). [A Commentary, Critical, Experimental, and Practical, on the Old and New Testaments: Job–Isaiah: Vol. III](#) (p. 157). William Collins, Sons, & Company, Limited.

<sup>[7]</sup> Craigie, P. C. (1983). [Psalms 1–50](#) (Vol. 19, p. 221). Word, Incorporated.

<sup>[8]</sup> Lennox, S. J. (1999). [Psalms: a Bible commentary in the Wesleyan tradition](#) (p. 85). Wesleyan Publishing House.