

Living it out
Psalms 69:1-6

¹ Save me, O God!

For the waters have come up to *my* neck.

² I sink in deep mire,

Where *there is* no standing;

I have come into deep waters,

Where the floods overflow me.

³ I am weary with my crying;

My throat is dry;

My eyes fail while I wait for my God.

⁴ Those who hate me without a cause

Are more than the hairs of my head;

They are mighty who would destroy me,

Being my enemies wrongfully;

Though I have stolen nothing,

I *still* must restore *it*.

⁵ O God, You know my foolishness;

And my sins are not hidden from You.

⁶ Let not those who wait for You, O Lord GOD of hosts, be ashamed because of me;

Let not those who seek You be confounded because of me, O God of Israel.

[Last Wednesday, In Genesis 22-1-19 we studied how to have faith is like and how you can live it out. Abraham's test and how he was obedient is an example of that, but what happens when we face difficulties in our own very life?]

How can I live through difficulties honoring God?

What happens when "*life*" treats us badly, and things don't go as we desire. When we do "good", and the situation is not better, doesn't improve. When people treat us "unjustly". When there is no apparent exit.

I think we all can relate to this passage. I think is important to go through as we often forget how to live out our faith in seasons of difficulty or unknowing.

As you can realize, this section of Psalm 69 is a lament or a prayer for deliverance. The writer is in trouble and is asking for God's help.

He feels overwhelmed and oppressed by his enemies who are numerous and powerful. He acknowledges his own faults and mistakes and pleads with God not to let his troubles bring shame to those who trust in God.

We will see this later.

The exact historical context of the psalm is not clear, but it is believed to have been written during a time of oppression and turmoil for the people of Israel.

The writer speaks of deep waters, a flooded situation, and enemies who are trying to destroy him.

He is weary and his throat is extremely thirsty, roasted, dried, suggesting a long and difficult journey.

But, despite his own misery and mistakes, he trusts in God's mercy and seeks protection and salvation.

Overall, the context of this psalm is one of desperation but reliance on God's power to deliver and save.

When is this psalm possibly written?

The exact date when Psalm 69 was written is not known. However, it is believed to have been written during the time **when King David ruled over Israel**, which was approximately from 1010 to 970 BCE.

Given that many of the psalms attributed to King David reflect similar themes and language, it is likely that Psalm 69 was written during a time when David faced challenges and difficulties in his rule **as king of Israel**.

Let's start with the first verses.

Verses 1-3

¹ Save me, O God!

For the waters have come up to *my* neck [**soul**].

² I sink in deep mire,

Where *there is* no standing;

I have come into deep waters,

Where the floods overflow me.

³ I am weary with my crying;

My throat is dry;

My eyes fail while I wait for my God.

As we already mentioned,

The writer speaks of deep waters, a flooded situation, and enemies who are trying to destroy him.

He is weary and his throat is extremely thirsty, roasted, dried, suggesting a long and difficult journey.

These verses describe the writer's distress and sense of drowning in a difficult situation. The imagery of being submerged in deep waters and sinking in miry depths is a metaphor for a sense of hopelessness and desperation.

The writer is asking for God's help and deliverance, as he is unable to find a way out on his own.

It is sad we go to the Lord until this moment, but still God is there.

These verses can be seen as a cry for help and a plea for God's intervention in a difficult situation.

By asking for God's help, the writer is acknowledging his own limitations and expressing his dependence on God.

And now he will express his difficulties and concerns.

Verse 4

⁴ Those who hate me without a cause

Are more than the hairs of my head;

They are mighty who would destroy me,
Being my enemies wrongfully;
Though I have stolen nothing,
I *still* must restore *it*.

In this verse, the writer is expressing feelings of being unfairly persecuted and attacked by his enemies. The language used in the verse conveys a sense of hopelessness and despair, as the writer feels overwhelmed by the number of his enemies and their strength.

The writer also mentions that he has been **wrongfully** accused of theft and must restore what he did not steal. This adds to the sense of injustice and oppression that the writer is experiencing.

The verse can be seen as a reflection of the difficulties that people often face in life when they are unfairly persecuted or attacked by others.

Then, this can be seen as a metaphor for the experience of suffering through difficult or challenging circumstances that one did not bring upon oneself.

Many people can relate to the feeling of being treated unjustly or unfairly and experiencing suffering as a result. This could be in the form of physical or emotional pain, financial difficulties, rejection, or personal loss.

In such circumstances, it can be easy to feel overwhelmed and hopeless, much like the writer of Psalm 69. However, the psalm reminds us that even in the midst of suffering, we can find strength and hope in God's love and protection.

Through our faith in God, we can be reminded that there is a greater purpose and meaning to our suffering, and that God is with us and working for our good, even when we cannot understand why we are going through what we are going through.

1 Peter 1:6-7 - ⁶In this you greatly rejoice, though now for a little while, if need be, you have been grieved by various trials, ⁷that the genuineness of your faith, being much more precious than gold that perishes, though it is tested by fire, may be found to praise, honor, and glory at the revelation of Jesus Christ,

This can bring comfort and peace in the midst of suffering and help us to remain steadfast and resilient in the face of adversity.

These verses can be an encouragement for us, as they remind us that God is always present and available to help us in our times of need.

Whether we are facing difficulties in our personal lives, our relationships, or other aspects of our lives, we can turn to God and ask for His help and deliverance.

By relying on God's strength and guidance, we can find hope and peace in even the most difficult of situations.

Romans 8:28 - ²⁸And we know that all things work together for good to those who love God, to those who are the called according to His purpose.

For those who may be facing similar challenges, the message of verse 4 can serve as a source of encouragement and comfort. It reminds us that even when we are unfairly persecuted or treated unjustly, we can find strength and hope in God's love and protection.

Despite these challenges, the writer's trust in God remains unwavering, and he looks to God for deliverance and protection.

Habakkuk 3:17-19

A Hymn of Faith

*¹⁷ Though the fig tree may not blossom,
Nor fruit be on the vines;*

*Though the labor of the olive may fail,
And the fields yield no food;*

*Though the flock may be cut off from the fold,
And there be no herd in the stalls—*

*¹⁸ Yet I will rejoice in the Lord,
I will joy in the God of my salvation.*

*¹⁹ The Lord God is my strength;
He will make my feet like deer's feet,
And He will make me walk on my high hills.*

To the Chief Musician. With my stringed instruments.

Verse 5

⁵ O God, You know my foolishness;
And my sins are not hidden from You.

I like this verse as acknowledges the writer's own mistakes and faults. He acknowledges his own responsibility.

In this verse, the writer is acknowledging that God is aware of his faults and shortcomings. The use of the word "foolishness" suggests a sense of guilt and shame for the writer's mistakes. The writer is also recognizing that his sins are not hidden from God, implying that God is aware of everything in his life, including his mistakes and failures.

This verse is a reminder that God is all-knowing and always present in our lives. It also highlights the importance of confessing our sins and seeking forgiveness from God, as we cannot hide anything from Him. This serves as a reminder of the importance of confessing our sins to God and seeking forgiveness.

This can be a source of comfort and encouragement, as we know that God loves us despite our faults and is always ready to forgive and offer grace.

The writer's acknowledgement of his foolishness and sins can also serve as an example for us to acknowledge our own shortcomings and to seek forgiveness and redemption from God.

Confession is an important aspect of our relationship with God. It involves acknowledging our wrongdoings, repenting of our sins, and asking for forgiveness. By confessing our sins, we show our humility and willingness to turn away from our mistakes and towards God.

Through confession, we receive the gift of forgiveness from God and experience the healing and restoration of our relationship with Him. Confession also helps us to grow in our faith and to live a life that is pleasing to God.

1 John 1:9 - ⁹ *If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.*

Proverbs 28:13 - ¹³ *He who covers his sins will not prosper,
But whoever confesses and forsakes them will have mercy.*

Isaiah 29:15 - ¹⁵ *Woe to those who seek deep to hide their counsel far from the Lord,
And their works are in the dark;
They say, "Who sees us?" and, "Who knows us?"*

Psalm 32:1-7

¹ *Blessed is he whose transgression is forgiven,
Whose sin is covered.*

² *Blessed is the man to whom the Lord does not impute iniquity,
And in whose spirit there is no deceit.*

³ *When I kept silent, my bones grew old
Through my groaning all the day long.*

⁴ *For day and night Your hand was heavy upon me;
My vitality was turned into the drought of summer. Selah*

⁵ *I acknowledged my sin to You,
And my iniquity I have not hidden.
I said, "I will confess my transgressions to the Lord,"
And You forgave the iniquity of my sin. Selah*

⁶ *For this cause everyone who is godly shall pray to You
In a time when You may be found;
Surely in a flood of great waters
They shall not come near him.*

⁷ *You are my hiding place;
You shall preserve me from trouble;
You shall surround me with songs of deliverance. Selah*

Relating verse 5 to confession can remind us of the importance of confessing our sins and seeking forgiveness from God. It can also serve as an encouragement to rely on God's grace and love, even when we have fallen short.

By relying on God's grace and confessing our sins, we can find peace and healing in our relationship with Him.

By confessing our sins and seeking forgiveness, we can experience the joy and peace of a restored relationship with God.

Verse 6

⁶ *Let not those who wait [**Wait in faith**] for You, O Lord God of hosts, be ashamed because of me;
Let not those who seek You be confounded [**dishonored**] because of me, O God of Israel.*

In this verse, the writer is expressing concern for the impact of his own troubles on others who trust in God.

He is afraid that his enemies' success in oppressing him might cause others to lose faith in God.

He pleads with God not to let his own shame and dishonor reflect poorly on those who hope in God and seek His presence.

The writer is asking God to protect the reputation and faith of others, even as he himself is going through difficult times.

The verse highlights the importance of **standing firm in faith**, even when faced with adversity, and the fear that one's own struggles may have a negative impact on others.

Let not those who wait [Wait in faith] for You, O Lord God of hosts, be ashamed because of me

This phrase expresses the writer's concern that his own troubles and difficulties might cause others to question their faith in God. The writer is afraid that his enemies' success in oppressing him might lead others to believe that God is not powerful or faithful, and that their hope in Him is in vain.

The writer is asking God to protect the faith of others, even as he himself is facing opposition. He is recognizing that his own struggles can have an impact on those around him and he is pleading with God to spare others from shame or dishonor as a result of his troubles.

This verse is a reminder that our actions and experiences can affect others, and that we should strive to live in a way that honors God and encourages those around us to do the same.

It is also a call to rely on God's grace and trust in His power, even when faced with adversity, and to seek His guidance and protection in our lives.

Let not those who seek You be confounded [dishonored] because of me, O God of Israel.

This phrase is a continuation of the writer's request for God's protection. The writer is concerned that his own difficulties might cause others who are seeking God to experience dishonor or shame.

This could be because they might see the writer's struggles and conclude that God is not present or powerful, or because they themselves might be implicated in the writer's troubles and be dishonored as a result.

The writer is asking God to protect those who are seeking Him, even as he himself is facing opposition. He is recognizing that his own struggles can have a negative impact on others and he is pleading with God to spare those who are seeking His presence from dishonor or shame as a result.

This verse highlights the importance of being mindful of the impact of our actions on others and of living in a way that honors God and reflects our faith. It is also a reminder of the power of prayer and the importance of seeking God's guidance and protection in our lives.

By relying on God's grace, we can find comfort and hope, even in the midst of difficulties and opposition.

How can I apply this to my life?

Here are some ways you can strengthen your faith and avoid bringing dishonor or shame to others as Psalm 69:6 implies:

1. **Live a life of integrity:** Strive to live a life that reflects your faith and honors God. Avoid engaging in behaviors or actions that could bring dishonor or shame to yourself or to others.
2. **Be a positive influence:** Seek to be a positive influence on those around you and demonstrate your faith through your words and actions. By doing so, you can encourage and inspire others in their faith journeys.
3. **Seek accountability:** Surround yourself with other believers who can provide support and encouragement, and who can hold you accountable in your faith journey. Having a community of faith can help you avoid behaviors or actions that could bring dishonor or shame to others.
4. **Practice forgiveness:** Forgive others and seek reconciliation when relationships are strained. Holding grudges or engaging in behavior that causes harm to others can bring dishonor or shame to both yourself and those around you.

5. Seek wisdom and guidance from God: Seek wisdom and guidance from God through prayer and reading the Bible. By doing so, you can grow in your understanding of His will for your life and avoid actions that could bring dishonor or shame to yourself or others. By taking these steps, you can strengthen your faith and avoid bringing dishonor or shame to others.