

Meditation 10, Psalms 19 & 20

“The Lord is Our Help”

"Keep your servant also from willful sins; may they not rule over me. Then I will be blameless, innocent of great transgression. May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer." Psalm 19:13-14

"May the Lord answer you when you are in distress; may the name of the God of Jacob protect you. May he send you help from the sanctuary and grant you support from Zion... Some trust in chariots and some in horses, but we trust in the name of the Lord our God." Psalm 20:1,2, 7

In Psalm 19, David expressed awe at the multitude of stars and the expanse within which the sun rests. He gave glory to God. Perhaps as one of Abraham's descendants he remembered God's great promise to Abraham that "as many as the stars of heaven, so shall be your descendants." From that memory it would be a natural progression to think of the commandments God gave Israel. To David, those commandments of God were not oppressive but "sweet as honey in the honeycomb. As a person desires the taste of honey so David desired to fulfill God's commands.

Psalm 20 is a prayer to God to deliver some other people from trouble. Because God had delivered David through many troubles He was confident the Lord would deliver others as well. He understood safety and deliverance was dependent not upon the strength and numbers of the military but upon God's response in our time of need. Where later kings would resort first to military responses David would seek first the salvation of the Lord.

Prayer: "God of Jacob in whom we trust, cause us to love and obey your commandments. In times of need, deliver from trouble all those who look to you for salvation. Amen."

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