

“Trust the Lord— Psalm 57”

This article is from the “Among Friends” section of the Church of God Big Sandy’s website (churchofgodbigandy.com). It was posted for the weekend of Feb. 15, 2025.

By Dave Havir

BIG SANDY, Texas—This weekend, I want to remind you about a passage in the book of Psalms that eloquently talks about trusting the Lord.

Background information

Before we read Psalm 57, let’s notice some background information. Notice the inscription for Psalm 57.

It reads: “To the Chief Musician. Set to ‘Do Not Destroy.’ A Michtam of David when he fled from Saul into the cave.”

Let’s briefly look at some history about David leading up to the cave.

David was chosen to be king

- 1 Samuel 16:1—The Lord told Samuel that He would provide a king from the sons of Jesse the Bethlehemite.
- 1 Samuel 16:5—Jesse and his sons were consecrated and invited to a sacrifice.
- 1 Samuel 16:10-11—Jesse made seven of his sons pass before Samuel—before bringing his youngest son to Samuel.
- 1 Samuel 16:12-13—Samuel anointed David in the midst of his brothers.
- 1 Samuel 16:14-23—Saul was troubled by a distressing spirit “from the Lord” and for a skillful harp player.

David battled Goliath

- 1 Samuel 17:1-16—When the Israelites and the Philistines gathered for battle, a champion soldier (Goliath) challenged the Israelites 40 days to produce a warrior.
- 1 Samuel 17:26—When David showed up at the battlefield, he made the famous statement: “Who is this uncircumcised Philistine, that he should defy the armies of the living God?”
- 1 Samuel 17:33-37—David convinced Saul to let him challenge Goliath.

- 1 Samuel 17:51—When the Philistines saw that their champion was dead, they fled.

Saul became jealous

- 1 Samuel 18:5—Saul set David over the men of war.
- 1 Samuel 18:6-9—When Saul and David returned home, the women of Israel celebrated David more than they celebrated Saul—causing a jealous Saul to be very angry.

Saul threw a spear at David

- 1 Samuel 18:11—Saul threw a spear at David—twice.
- 1 Samuel 18:29—Saul was still afraid of David, so he continually became David's enemy.
- 1 Samuel 19:9-10—Saul had a spear in his hand and sought to pin David to the wall with the spear.

Saul threw a spear at Jonathan

- 1 Samuel 20:13—Jonathan hatched a plan to communicate to David whether he was safe or whether he should hide: "If it pleases my father to do evil, then I will report it to you and send you away that you may go in safety."
- 1 Samuel 20:32-33—When Jonathan asked his father why he wanted to kill David, Saul became angry and cast a spear at Jonathan.
- 1 Samuel 20:42—Jonathan told David that he should get away from Saul.

David went to a priest

- 1 Samuel 21:1—When David went to the priest in Nob (Ahimelech), the priest asked why David was alone.
- 1 Samuel 21:2—David lied—saying he was on business from the king and that his men were at a nearby location.
- 1 Samuel 21:3-4—When David asked for bread, the priest asked if his men kept themselves from women.
- 1 Samuel 21:5-6—When David told the priest that his men (allegedly at a nearby location) had not been with women for three days, the priest gave David holy bread.
- Matthew 12:1-4—When the Son of God recalled the historical account, He (interestingly enough) did not criticize David for making the request or the priest for breaking the law.

Temporary alignment with King Achish

- 1 Samuel 21:10—David fled Saul by visiting Achish (the king of Gath) forging an alliance based on a mutual enemy (if your enemy is Saul and my enemy is Saul, we can become friends).

- 1 Samuel 21:11-12—When David saw that the servants of King Achish were suspicious of him, David became concerned how King Achish would respond to him.
- 1 Samuel 21:13-15—To escape the situation, David pretended to be insane.

(At first glance, this plan seems to be quite clever. But wait a minute. Isn't this the same man who was not afraid of the giant Goliath? Why is he afraid now?)

Here is a famous quote from Max Lucado: "Focus on giants, you stumble. Focus on God, giants tumble."

Now, the cave

1 Samuel 22:1—David therefore departed from Gath and escaped to the cave of Adullam.

Psalms 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."

Psalms 57:2-3—"I will cry out to God Most High, to God who performs all things for me. He shall send from heaven and save me; He reproaches the one who would swallow me up. Selah. God shall send forth His mercy and His truth."

Psalms 57:4-6—"My soul is among lions; I lie among the sons of men who are set on fire, whose teeth are spears and arrows, and their tongue a sharp sword. Be exalted, O God, above the heavens; let Your glory be above all the earth. They have prepared a net for my steps; my soul is bowed down; they have dug a pit before me; into the midst of it they themselves have fallen. Selah."

Psalms 57:7-8—"My heart is steadfast, O God, my heart is steadfast; I will sing and give praise. Awake, my glory! Awake, lute and harp! I will awaken the dawn."

Psalms 57:9-10—"I will praise You, O Lord, among the peoples; I will sing to You among the nations. For Your mercy reaches unto the heavens, and Your truth unto the clouds."

Psalms 57:11—"Be exalted, O God, above the heavens; let Your glory be above all the earth."