



SoulperSuit.com

The Psalms of Lament

PART 5: Psalm 69, 70

There is no Judge Judy

Part 5 – Psalm 69, 70

- Shuffle the Deck
- Deal the Cards
- What Are You Holding?
- Group Option
- Play Your Hand



Part 5 – Psalm 69, 70

Shuffle the Deck

1. Imagine these two women are having a conversation. Write a short dialogue with at least 5 lines for each character.



2. Cut a tombstone shape out of paper (or make one out of PlayDoh) and write your own epitaph on it.



Deal the Cards

The psalmist is oppressed and asks God to judge his enemies.

1. Begin by reading [Psalm 69 and 70](#).

Psalm 69

1 Deliver me, O God, for the water has reached my neck. 2 I sink into the deep mire where there is no solid ground; I am in deep water, and the current overpowers me. 3 I am exhausted from shouting for help; my throat is sore; my eyes grow tired of looking for my God. 4 Those who hate me without cause are more numerous than the hairs of my head. Those who want to destroy me and are my enemies for no reason outnumber me. They make me “pay back” what I did not steal! 5 O God, you are aware of my foolish sins; my faults are not hidden from you. 6 Let none who rely on you be embarrassed because of me, O sovereign Lord and king! Let none who seek you be ashamed because of me, O God of Israel! 7 For I suffer humiliation for your sake and am thoroughly disgraced. 8 My own brothers treat me like a stranger; they act as if I were a foreigner.¹⁷ 9 Certainly devotion to your temple consumes me; I endure the insults of those who insult you. 10 I weep and refrain from eating food, which causes others to insult me. 11 I wear sackcloth and they ridicule me. 12 Those who sit at the city gate talk about me; drunkards mock me in their songs. 13 O Lord, may you hear my prayer and be favorably disposed to me! O God, because of your great loyal love, answer me; deliver me because of your faithfulness! 14 Rescue me from the mud! Don’t let me sink! Deliver me from those who hate me, from the deep water! 15 Don’t let the current overpower me! Don’t let the deep swallow me up! Don’t let the pit devour me! 16 Answer me, O Lord, for



your loyal love is what I need! Because of your great compassion, turn toward me! 17 Do not ignore your servant, for I am in trouble! Answer me right away! 18 Come near me and defend me! Because of my enemies, rescue me! 19 You know how I am insulted, humiliated and disgraced; you can see all my enemies. 20 Their insults are painful and make me lose heart; I look for sympathy, but receive none, for comforters, but find none. 21 They put a poisonous herb into my food, and to quench my thirst they give me vinegar to drink. 22 May their dining table become a trap before them! May it be a snare for that group of friends! 23 May their eyes be blinded! Make them incapable of standing up! 24 Pour out your judgment on them! May your raging anger overtake them! 25 May their camp become desolate! May no one be left alive in their tents! 26 For they harass the one whom you discipline; they spread the news about the suffering of those whom you punish. 27 Hold them accountable for all their sins! Do not vindicate them! 28 May their names be wiped out of the scroll listing the living! Do not let their names be listed with the godly! 29 I am oppressed and suffering! O God, deliver and protect me! 30 I will sing praises to God’s name! I will magnify him as I give him thanks! 31 That will please the Lord more than an ox or a bull with horns and hooves. 32 The oppressed look on—let them rejoice! You who seek God, may you be encouraged! 33 For the Lord listens to the needy; he does not despise those whom he punishes. 34 Let the heavens and the earth praise him, along with the seas and everything that swims in them! 35 For God will deliver Zion and rebuild the cities of Judah, and his people will again live in them and possess Zion. 36 The descendants of his servants will inherit it, and those who are loyal to him will live in it.



Psalm 70

O God, please be willing to rescue me! O Lord, hurry and help me! May those who are trying to take my life be embarrassed and ashamed! May those who want to harm me be turned back and ashamed! May those who say, “Aha! Aha!” be driven back and disgraced! May all those who seek you be happy and rejoice in you! May those who love to experience your deliverance say continually, “May God be praised!” I am oppressed and needy! O God, hurry to me! You are my helper and my deliverer! O Lord, do not delay!² This is a Maskil. Find out what a “[Maskil](#)” is. (If you have *Ryrie Study Bible*, see the note at Psalm 32.)

2. Psalm 69:1 Deliver me, O God, for the water has reached my neck. 2 I sink into the deep mire where there is no solid ground; I am in deep water, and the current overpowers me. 3 I am exhausted from shouting for help; my throat is sore; my eyes grow tired of looking for my God.

It's like... Imagine falling into a well that's about five feet deep with mud in the bottom. The water is up to your neck and you can feel yourself continuing to sink. You yell and yell for someone to pull you out, but no one comes. The psalmist is saying his trials are like that. A young mom with four kids described the demands of her kids as sometimes being as if “wild wolves are tearing my clothes from my body.” What are your trials like?



3. We read of the psalmist's plight in 69:3 (note the parallelism):

Those who hate me without cause are more numerous than the hairs of my head.
Those who want to destroy me and are my enemies for no reason outnumber me.

Why does he say his enemies are after him? And how many enemies does he have?

4. In v. 4 we read, “They make me ‘pay back’ what I did not steal!” Imagine! They claim he did something he didn't do, and now he has to pay them for something he did not take. Have you ever been falsely accused? Ever known someone who was? What was it like? Dr. Keith Willhite, who is now with the Lord, was a professor at Dallas Seminary before he died of a brain tumor. But when he was going through cancer treatment he said the cancer was not the hardest thing he'd ever been through. What was? *Being falsely accused.*



5. Now the psalmist prays, “O God, you are aware of my foolish sins; my faults are not hidden from you. Let none who rely on you be embarrassed because of me, O sovereign Lord and king!

Let none who seek you be ashamed because of me, O God of Israel!”

Sometimes when we’re going through a difficult time, we think back on our sins and we know we have no right to ask for anything. It’s always appropriate to search ourselves, so spend some time confessing your sins. Then acknowledge that, even though you have no right to approach God in view of your sins, through the shed blood of Christ you have access to come boldly to the throne of grace to receive mercy and help.

6. List the requests the psalmist makes in [the first 19 verses](#).



7. In [verses 22 through 29](#) the psalmist prays for God’s judgment on his enemies. List things he asks God to do to his enemies.

Here is a key difference between the approach to the King of Israel’s enemies then and a Christian’s enemies today: We are to *pray* for those who persecute us and to “*bless* and curse not.” Jesus provides the ultimate ethic: love your enemies. Paul says to return evil with good.

Do you have any enemies? If so, pray for them. You may not have any personal enemies, but what about those who would like to blow up your city? What about Osama bin Laden? Have you prayed for the salvation of Saddam Hussein? [Get a globe or a world map](#) and pray for the enemies of the church around the world—in China, Iraq, Afghanistan, Ukraine, France, Israel, Cuba, the U.S....

We pray for the salvation of those who abuse us. Yet we also pray with the confidence that our God will bring them to justice “on that day” if they choose not to repent. And He is no Judge Judy, relying on the testimony of people who sometimes lie. Our God is everpresent and sees all (one of [His names](#) is *El Roi*—the God who sees). Or God is omnipotent—*El Shaddai*, the Almighty God who can do all.



He is perfect in justice. And with all knowledge and all power, He judges the nations. Imagine the fate of someone who messes with the child of One such as that!

8. [Read vv. 30-36](#). What does the psalmist say will happen in response to his prayers for God's judgment?

What Are You Holding?

9. Write out your expression of confidence in a praise to God despite your miry-clay-sinking-pit trials:

10. Re-read [Psalm 70](#). Rejoice in our God, who is able to trample out "the vintage where the grapes of wrath are stored." [Sing the Battle Hymn of the Republic](#).



Group Option:

- Sing together ["The Battle Hymn of the Republic."](#)
- Together, [get a globe or a world map](#) and pray for the enemies of the church around the world. Pray for ways to bless those who persecute the church. Pray for these enemies to come to saving faith in Christ.

Play Your Hand

Decorate a playing card or a playing-card-sized piece of paper or cardboard that answers one of the following questions:

- *"I sink into the deep mire where there is no solid ground."*
"I am in deep water, the current overpowers me." *"Wild wolves are tearing the clothes from my body."* How would you describe the trials in your life?
- What it would look like to BLESS your enemies and to PRAY for those who persecute you.
- Who is this God that you call on from your miry-clay-sinking-pit?