



The Book of Psalms: Chapters 57-61

A Journey Through Worship, Emotion and God's Faithfulness

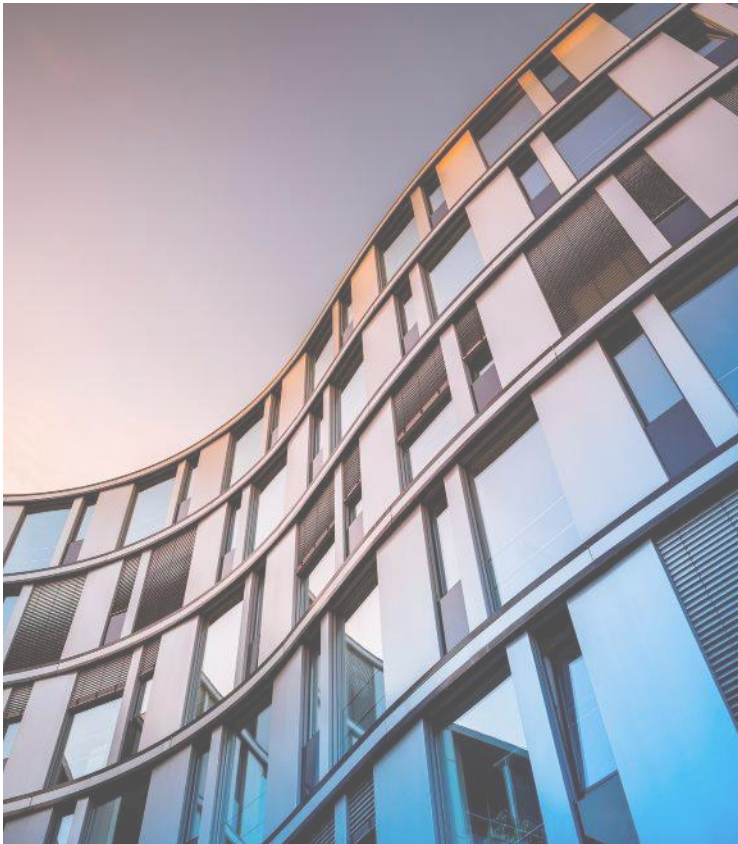
GOD

Meets us in the palace, the wilderness and in exile.

**“THE PSALMS ARE TIMELESS
BECAUSE THEY COME FROM
REAL LIFE EXPERIENCES.”**

– Pastor Terri Webster

KEY THEMES IN THE BOOK OF PSALM



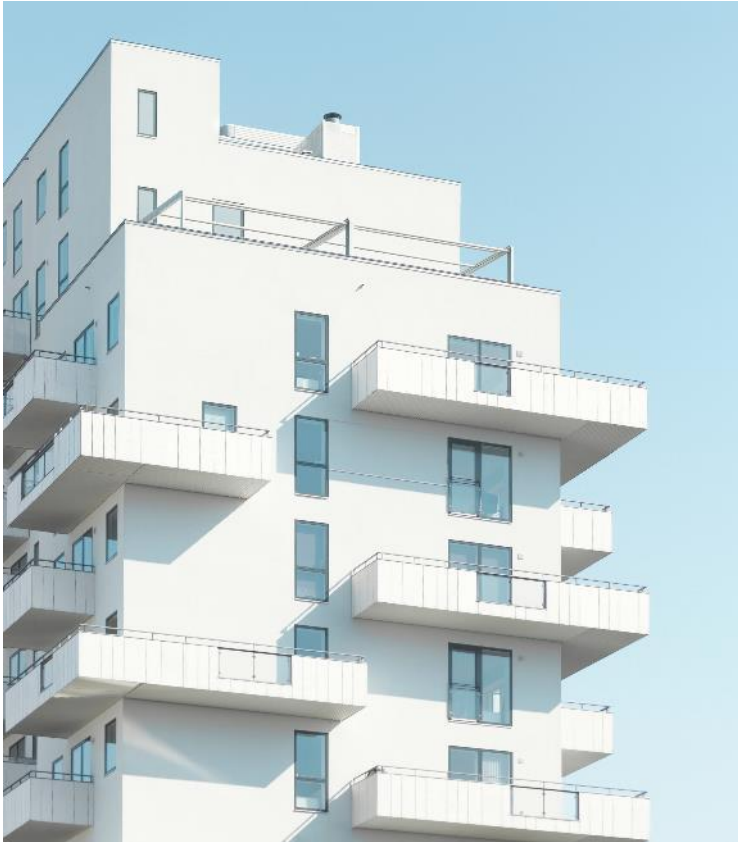
- Worship
- God's kingship
- Human emotion
- Faithfulness
- Repentance
- Messianic prophecy
- Thanksgiving & praise

The Psalms invite us to bring our whole selves into God's presence.

They guide us from:

- Lament → Praise
- Fear → Faith
- Brokenness → Restoration

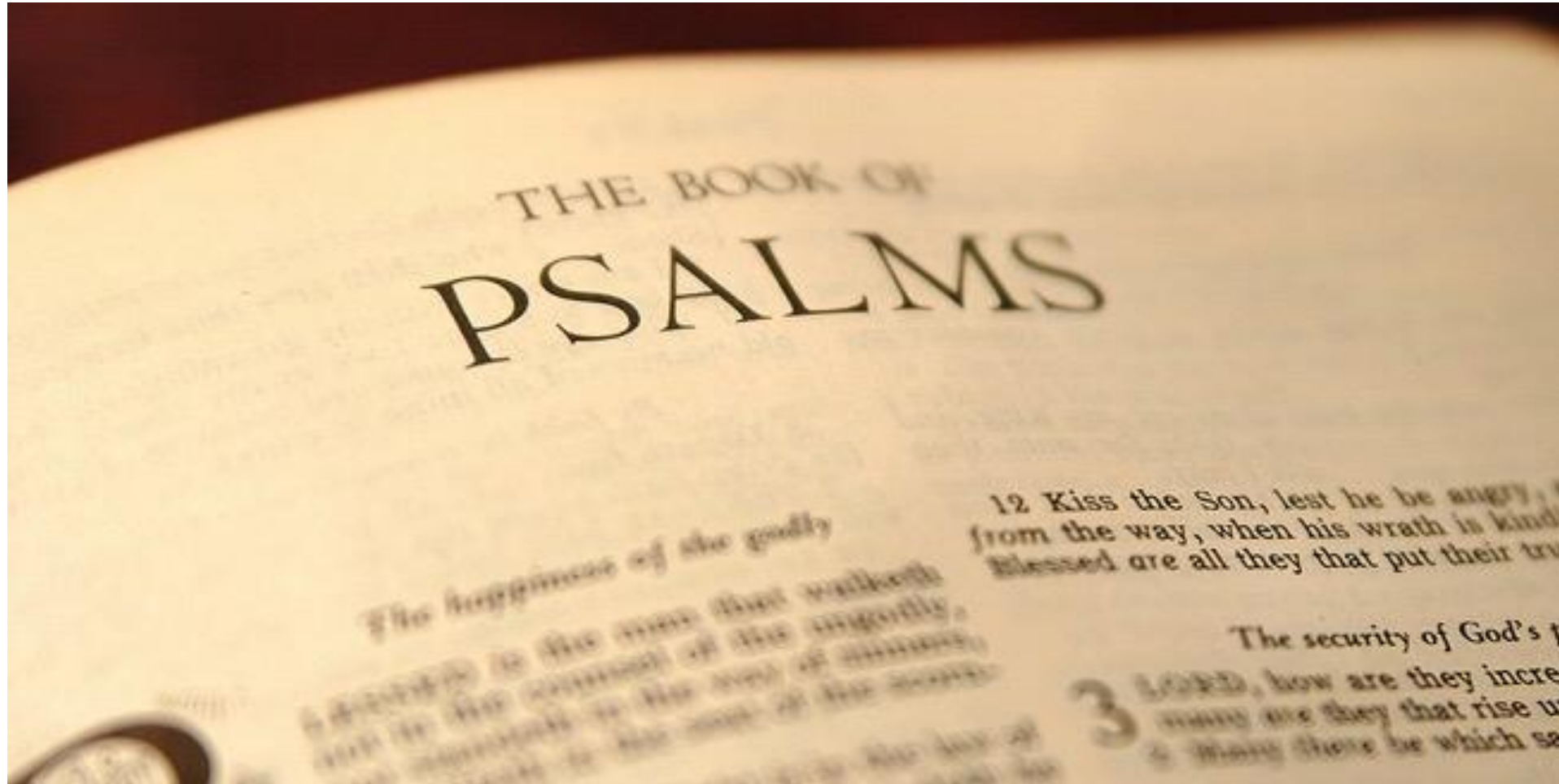
THE FIVE BOOKS OF PSALM



Mirroring the Pentateuch:

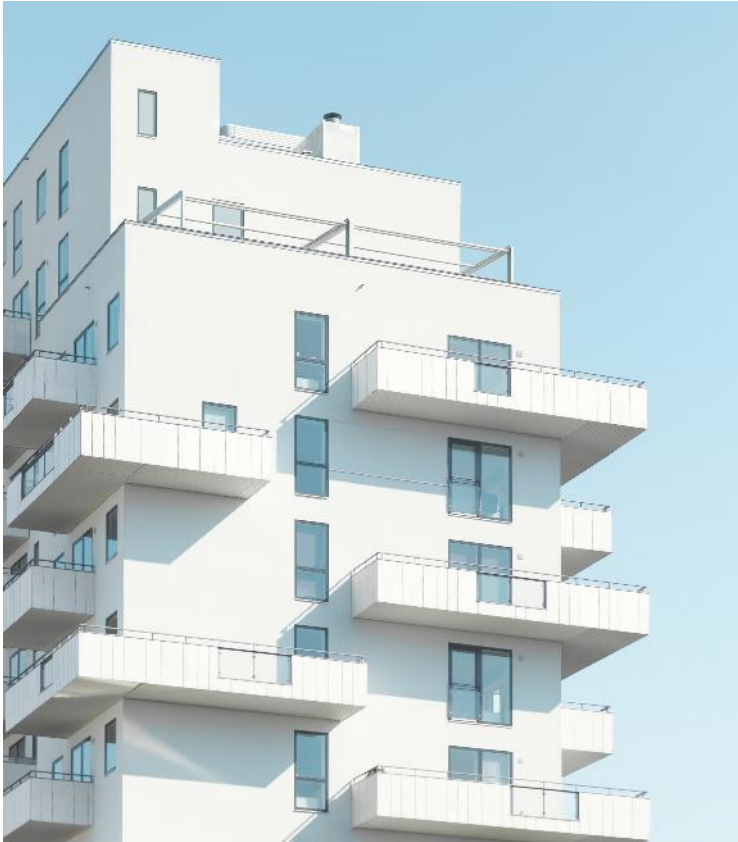
- Book 1 — Psalms 1–41
- Book 2 — Psalms 42–72
- Book 3 — Psalms 73–89
- Book 4 — Psalms 90–106
- Book 5 — Psalms 107–150

BOOK 2



BOOK 2

(Psalms 42–72)



Focus: God as Savior

Themes: Longing,
deliverance, kingship

Authors: Sons of Korah,
David, Asaph, Solomon

GROUP ACTIVITY (10 mins)

GROUP ACTIVITY

WHAT IS FEAR?

WHAT AFFECT DOES FEAR HAVE
ON YOUR WALK WITH GOD?

PSALM 57

Read

Have mercy on me, my God, have mercy on me, for in you I take refuge. I will take refuge in the shadow of your wings until the disaster has passed.

² I cry out to God Most High, to God, who vindicates me.

³ He sends from heaven and saves me, rebuking those who hotly pursue me God sends forth his love and his faithfulness.

⁴ I am in the midst of lions; I am forced to dwell among ravenous beast men whose teeth are spears and arrows, whose tongues are sharp swords.

⁵ Be exalted, O God, above the heavens; let your glory be over all the earth.

⁶ They spread a net for my feet I was bowed down in distress. They dug a pit in my path but they have fallen into it themselves.

⁷ My heart, O God, is steadfast, my heart is steadfast; I will sing and make music.

⁸ Awake, my soul! Awake, harp and lyre! I will awaken the dawn.

⁹ I will praise you, Lord, among the nations; I will sing of you among the peoples.

¹⁰ For great is your love, reaching to the heavens; your faithfulness reaches to the skies.

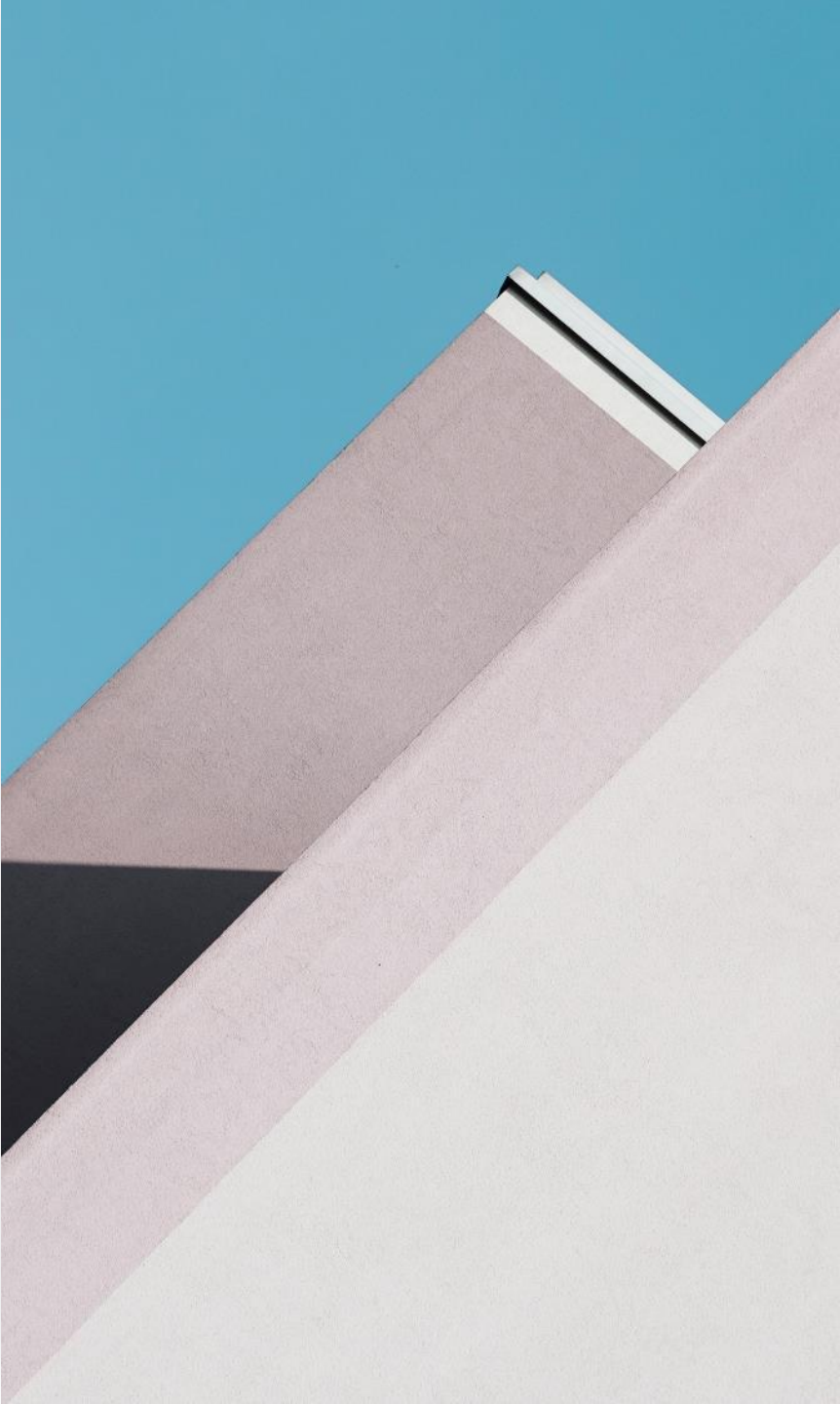
¹¹ Be exalted, O God, above the heavens; let your glory be over all the earth.

NIV

Psalm 57

PSALM 57

AUTHOR:	DAVID
THEME:	God will help us in times of trouble. He is faithful.
HISTORY:	Said that this psalm was mostly written when David was fleeing Saul in the cave.
OTHER FACTS:	• Al-Taschithl Michtam – means – “do not destroy” and “precious”. • While in that cave, David became a leader to several misfit men. • They became his army. • I Samuel Chapters 22-24



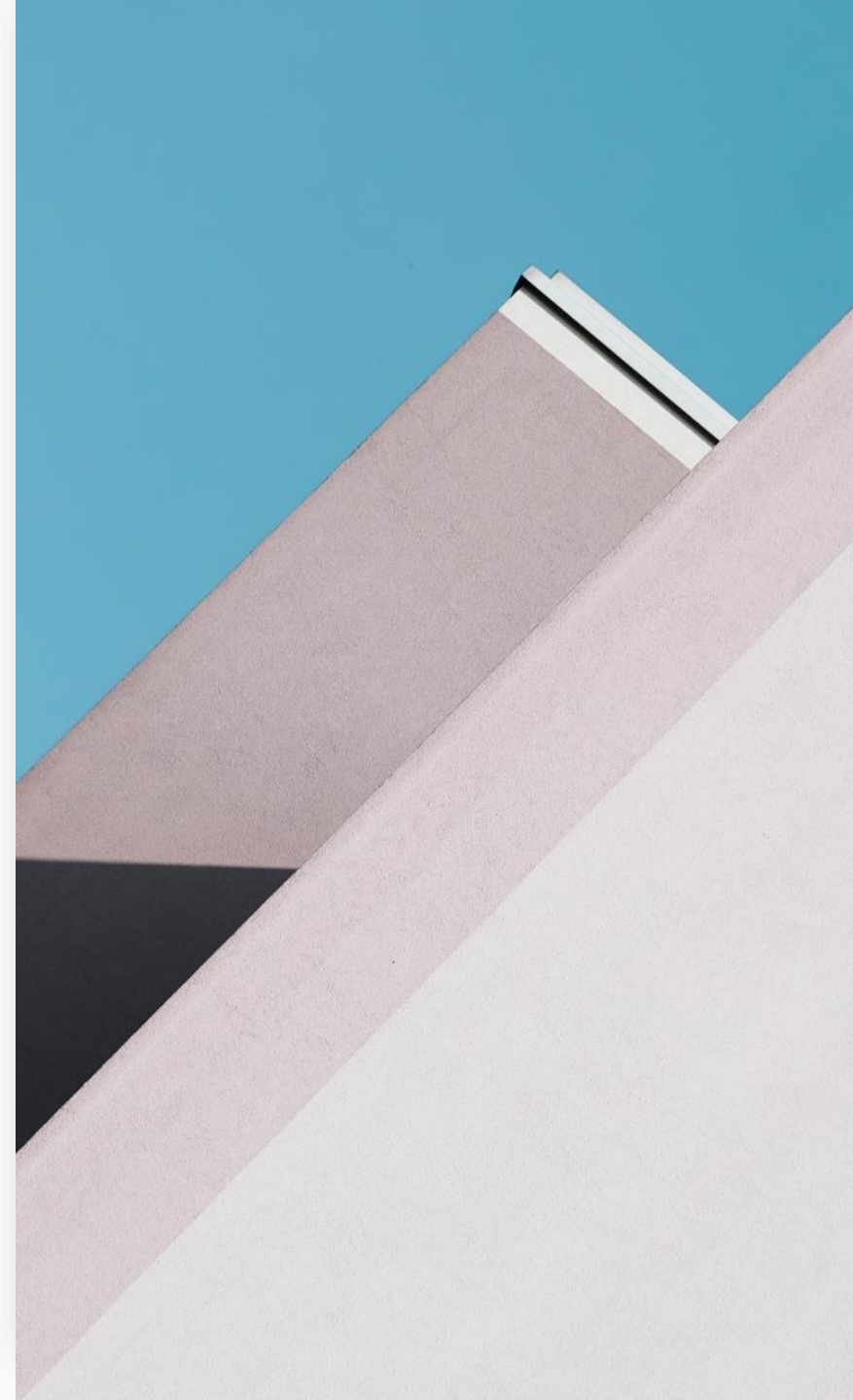
PSALM 57

VERSES 1-3

- Even when our actions make us unlovable, God is still loving towards us.
- Doesn't mean He accepts our mistakes, it means He loves us with agape love (unconditional).
- God love us with a perfect (complete and mature love) all of the time – we can not do the same.
- Our love is sometimes conditional
- He also keeps every one of his promises to us.

VERSES 4-8

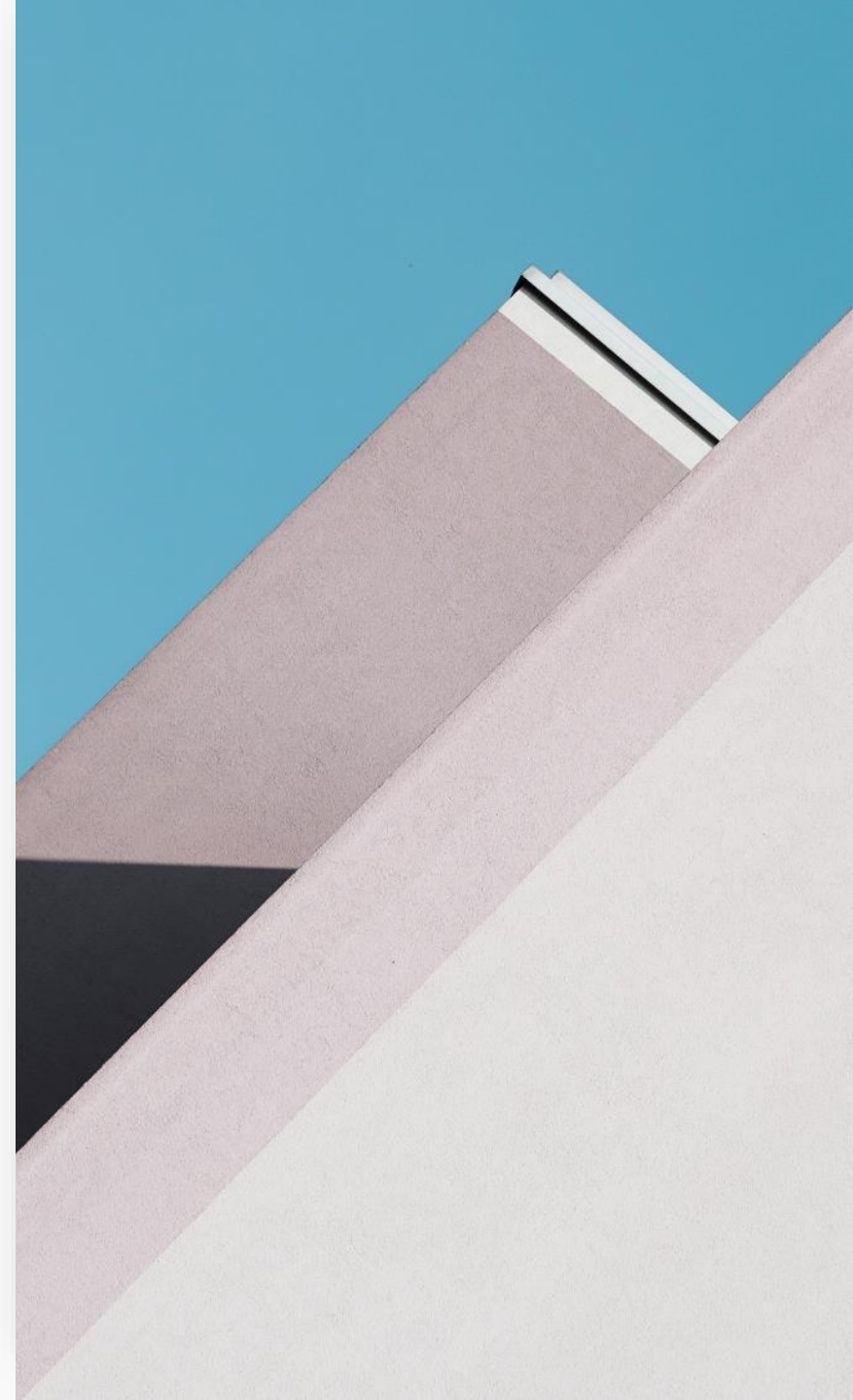
- We may be around people who talk about us or slander our name.
- Verbal abuse is just as bad or worse than physical abuse.
- Before we put our mouths on someone, take David's example and talk to God first
- Our best defense for verbal attacks is to hold our peace and talk to God.
- One writer said: don't turn inward or outward turn upward.



PSALM 57

VERSES 9-11

- In this Psalm, David determined that he would rise early in the morning and give God songs of praise
- Our circumstances may not change, but our praise should continue to God
- Take this lesson from David and give God the glory and honor due His name instead of complaining about something we can not change.



PSALM 58

Read

Do you rulers indeed speak justly? Do you judge people with equity?

² No, in your heart you devise injustice, and your hands mete out violence on the earth.

³ Even from birth the wicked go astray; from the womb they are wayward, spreading lies.

⁴ Their venom is like the venom of a snake, like that of a cobra that has stopped its ears,

⁵ that will not heed the tune of the charmer, however skillful the enchanter may be.

⁶ Break the teeth in their mouths, O God; LORD, tear out the fangs of those lions!

⁷ Let them vanish like water that flows away; when they draw the bow, let their arrows fall short.

⁸ May they be like a slug that melts away as it moves along, like a stillborn child that never sees the sun.

⁹ Before your pots can feel the heat of the thorns whether they be green or dry the wicked will be swept away.

¹⁰ The righteous will be glad when they are avenged, when they dip their feet in the blood of the wicked.

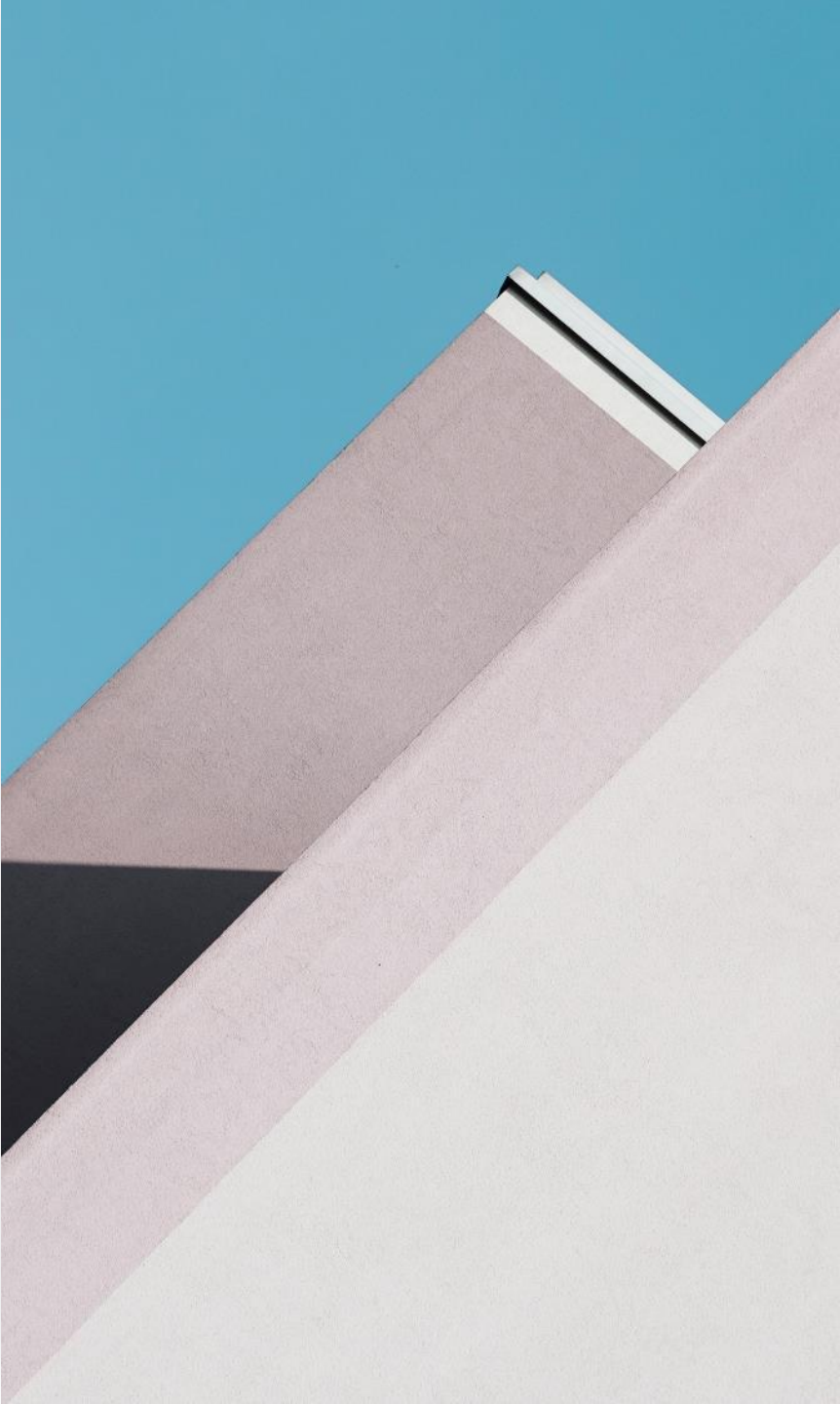
¹¹ Then people will say, “Surely the righteous still are rewarded; surely there is a God who judges the earth.”

NIV

Psalm 58

PSALM 58

AUTHOR:	DAVID
THEME:	God is a just God. He alone holds victory.
HISTORY:	Written at a time when men were twisting justice. A cry for justice.
ADDITIONAL INFO:	• In David’s time, there was no checks and balance system for the one in leadership. They did whatever they wanted with no regard for the well being of the people. This is why God blessed those who ruled justly. • Being just displays the very heart of God • Are you willing to stand like David and demand justice for people who have no voice • God hears our prayers and provides grace, mercy and justice.
VERSES 6-10	• Leaders should be the examples of justice. When they are not, the people suffer. • Be careful not to side with injustice – when you do to leave the heart of God
VERSE 11	



PSALM 59

Read

Deliver me from my enemies, O God; be my fortress against those who are attacking me.

² Deliver me from evildoers and save me from those who are after my blood.

³ See how they lie in wait for me! Fierce men conspire against me for no offense or sin of mine, LORD.

⁴ I have done no wrong, yet they are ready to attack me. Arise to help me; look on my plight!

⁵ You, LORD God Almighty, you who are the God of Israel, rouse yourself to punish all the nations; show no mercy to wicked traitors.^[c]

⁶ They return at evening, snarling like dogs, and prowl about the city.

⁷ See what they spew from their mouths the words from their lips are sharp as swords, and they think, “Who can hear us?”

⁸ But you laugh at them, LORD; you scoff at all those nations.

⁹ You are my strength, I watch for you; you, God, are my fortress,

¹⁰ my God on whom I can rely. God will go before me and will let me gloat over those who slander me.

¹¹ But do not kill them, Lord our shield, or my people will forget. In your might uproot them and bring them down.

NIV

Psalm 59

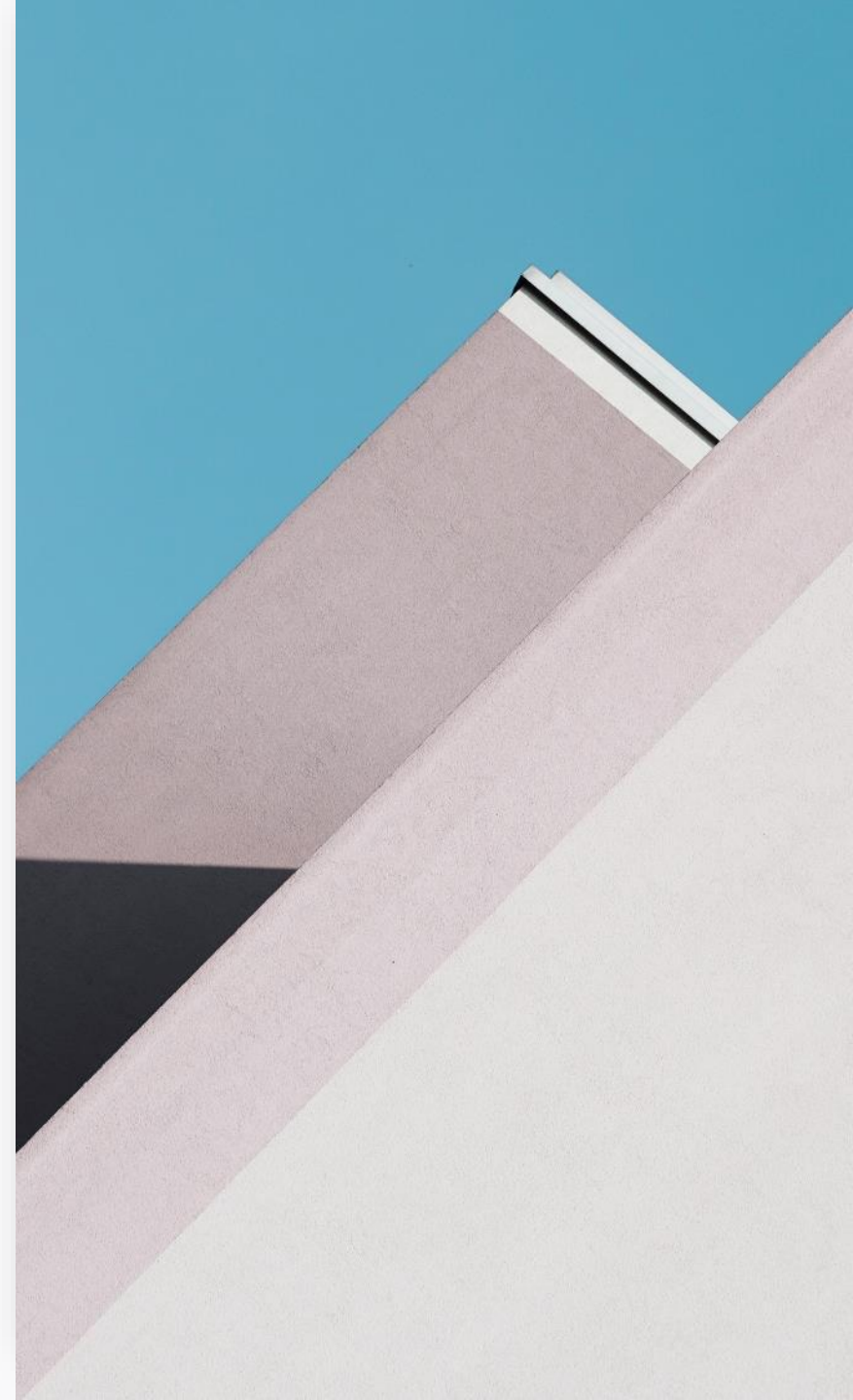
¹² For the sins of their mouths, for the words of their lips, let them be caught in their pride. For the curses and lies they utter,
¹³ consume them in your wrath, consume them till they are no more. Then it will be known to the ends of the earth that God rules over Jacob.
¹⁴ They return at evening, snarling like dogs, and prowl about the city.
¹⁵ They wander about for food and howl if not satisfied.
¹⁶ But I will sing of your strength, in the morning I will sing of your love; for you are my fortress, my refuge in times of trouble.
¹⁷ You are my strength, I sing praise to you; you, God, are my fortress, my God on whom I can rely.

NIV

Psalm 59 (con't)

PSALM 59

AUTHOR:	DAVID
THEME:	GOD IS OUR HELP AND SAFETY
HISTORY:	SAID TO HAVE BEEN WRITTEN WHEN SAUL SENT MEN TO DAVID'S HOUSE TO WATCH HIM SO HE COULD KILL HIM.
VERSES 1-6:	• David cries out to God for help and deliverance from those who were plotting against him to harm him • Ungodly and evil people curse God and talk as if God can not hear • God is not bothered by it... He knows their end... their deeds will catch up with their actions • Do you follow God or do you mimic the actions of wicked and evil people • God hears what we say; sees what we do; and knows the intents of our heart
VERSES 7-9	



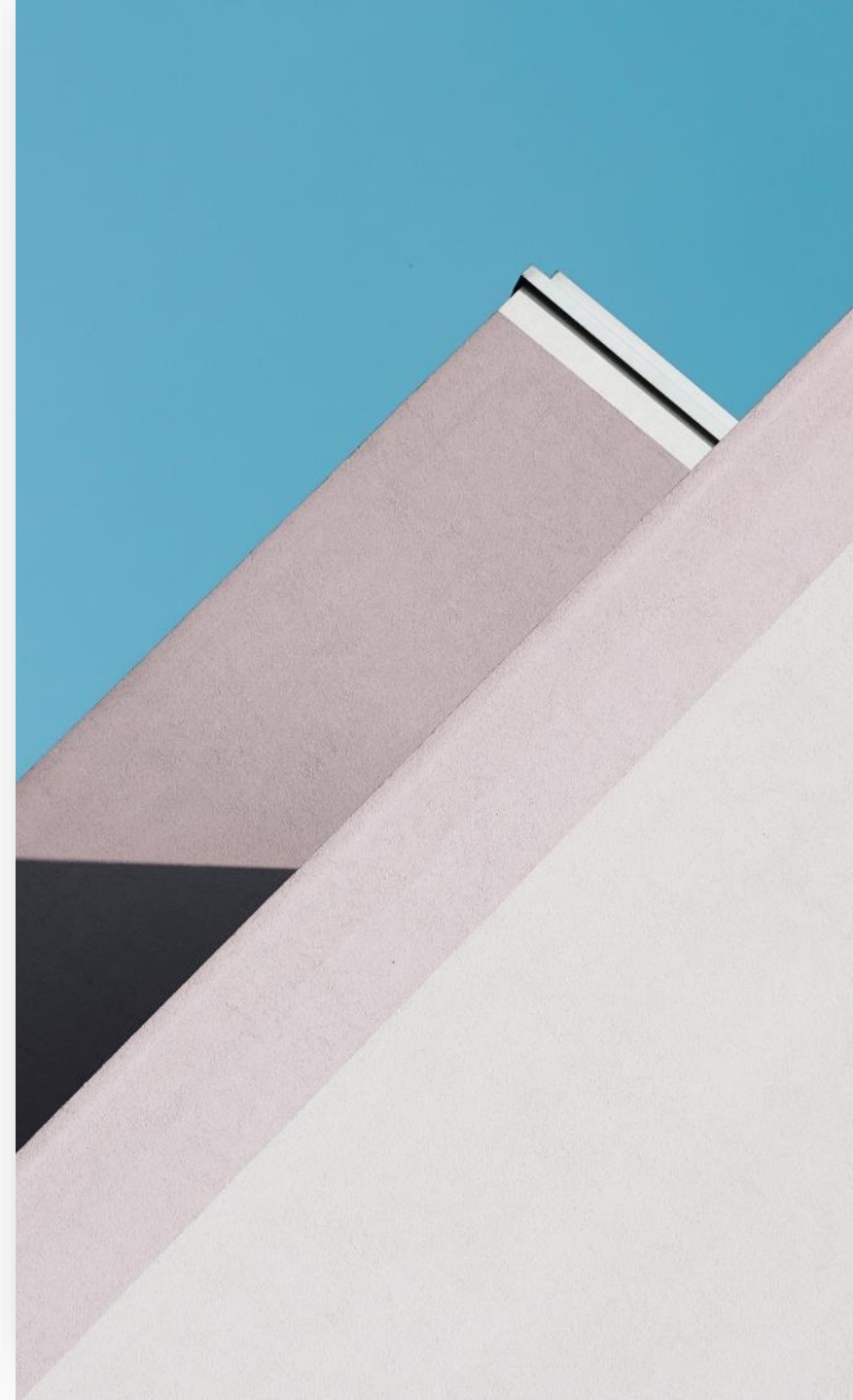
PSALM 59

VERSES 10-15

- Saul had turned against David
- Like a father, a mentor and trusted leader in David's eyes is hunting him
- David never turned against him... he remained respectful
- Though others stop loving you...God will never stop... you are the essence of His love... His love never fails

VERSE 16

- David is often depressed because he has so many enemies and they are actively trying to get harm him
- David learned to give God praise even in those circumstances



PSALM 60

Read

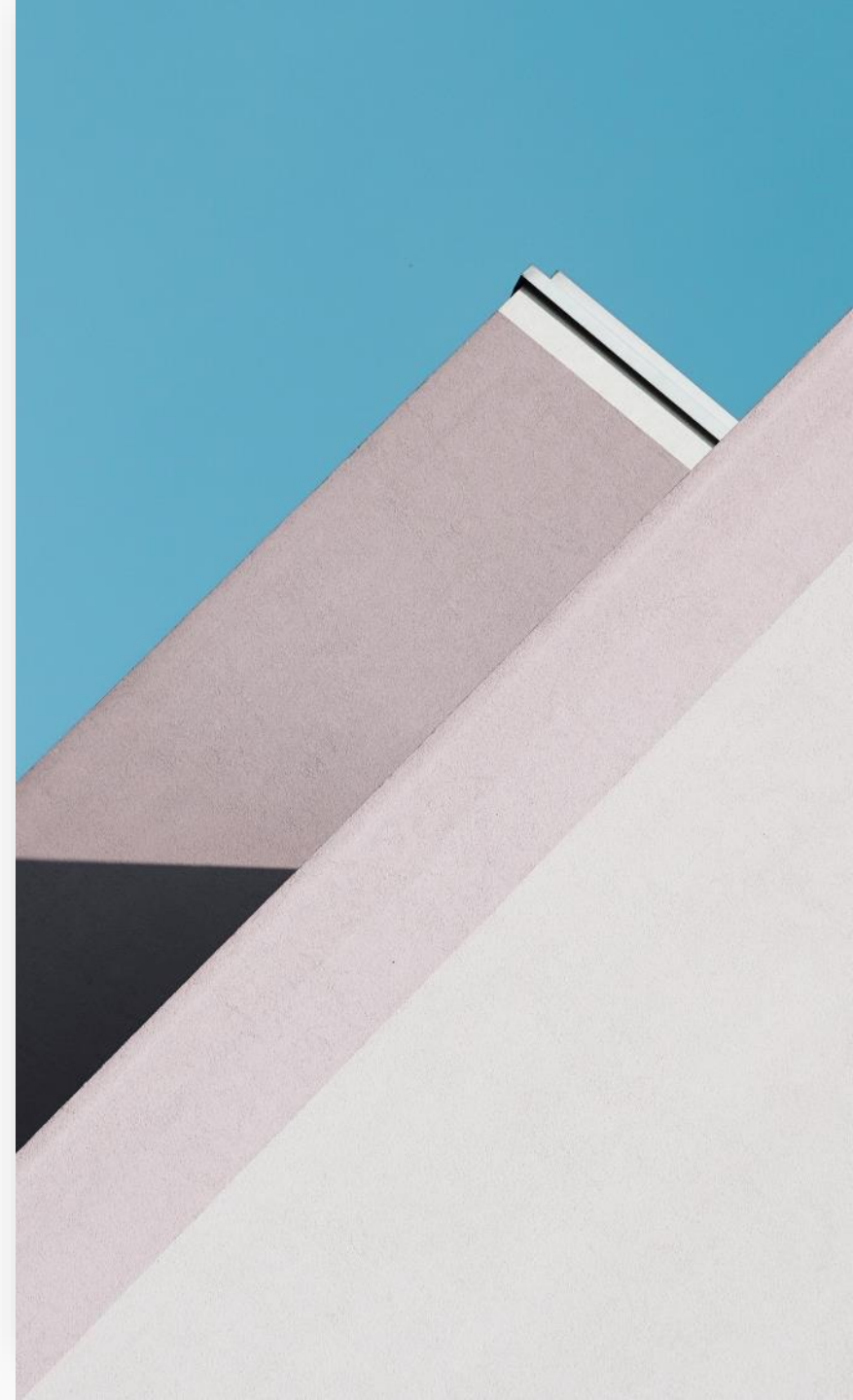
You have rejected us, God, and burst upon us; you have been angry—now restore us!
2 You have shaken the land and torn it open; mend its fractures, for it is quaking.
3 You have shown your people desperate times; you have given us wine that makes us stagger.
4 But for those who fear you, you have raised a banner to be unfurled against the bow.^[e]
5 Save us and help us with your right hand, that those you love may be delivered.
6 God has spoken from his sanctuary: “In triumph I will parcel out Shechem and measure off the Valley of Sukkoth.
7 Gilead is mine, and Manasseh is mine; Ephraim is my helmet, Judah is my scepter.
8 Moab is my washbasin, on Edom I toss my sandal; over Philistia I shout in triumph.”
9 Who will bring me to the fortified city? Who will lead me to Edom?
10 Is it not you, God, you who have now rejected us and no longer go out with our armies?
11 Give us aid against the enemy, for human help is worthless.
12 With God we will gain the victory, and he will trample down our enemies.

NIV

Psalm 60

PSALM 60

AUTHOR:	DAVID
THEME:	WHEN YOU NEED HELP, TRUST GOD.
HISTORY:	SAID TO BE WRITTEN WHEN ISRAEL WAS AT WAR WITH SYRIA AND EDOM (II SAM 8)
VERSES 1-5	• Because of the text it is believed that this Psalm gives us a little more insight to what the battle looked like for David and his army • David shows us that our enemies will attack us when we don't align with their evil. God is still in control • God judged the people so that they could turn back to Him • God's truth is our banner – God's truth should be our cause
VERSES 6-12	• God names the cities and says they all belong to me... if you serve God, you belong to Him too • God had already promised David the victory



PSALM 61

Read

Hear my cry, O God; listen to my prayer.

² From the ends of the earth I call to you, I call as my heart grows faint; lead me to the rock that is higher than I.

³ For you have been my refuge, a strong tower against the foe.

⁴ I long to dwell in your tent forever and take refuge in the shelter of your wings.^[b]

⁵ For you, God, have heard my vows; you have given me the heritage of those who fear your name.

⁶ Increase the days of the king's life, his years for many generations.

⁷ May he be enthroned in God's presence forever; appoint your love and faithfulness to protect him.

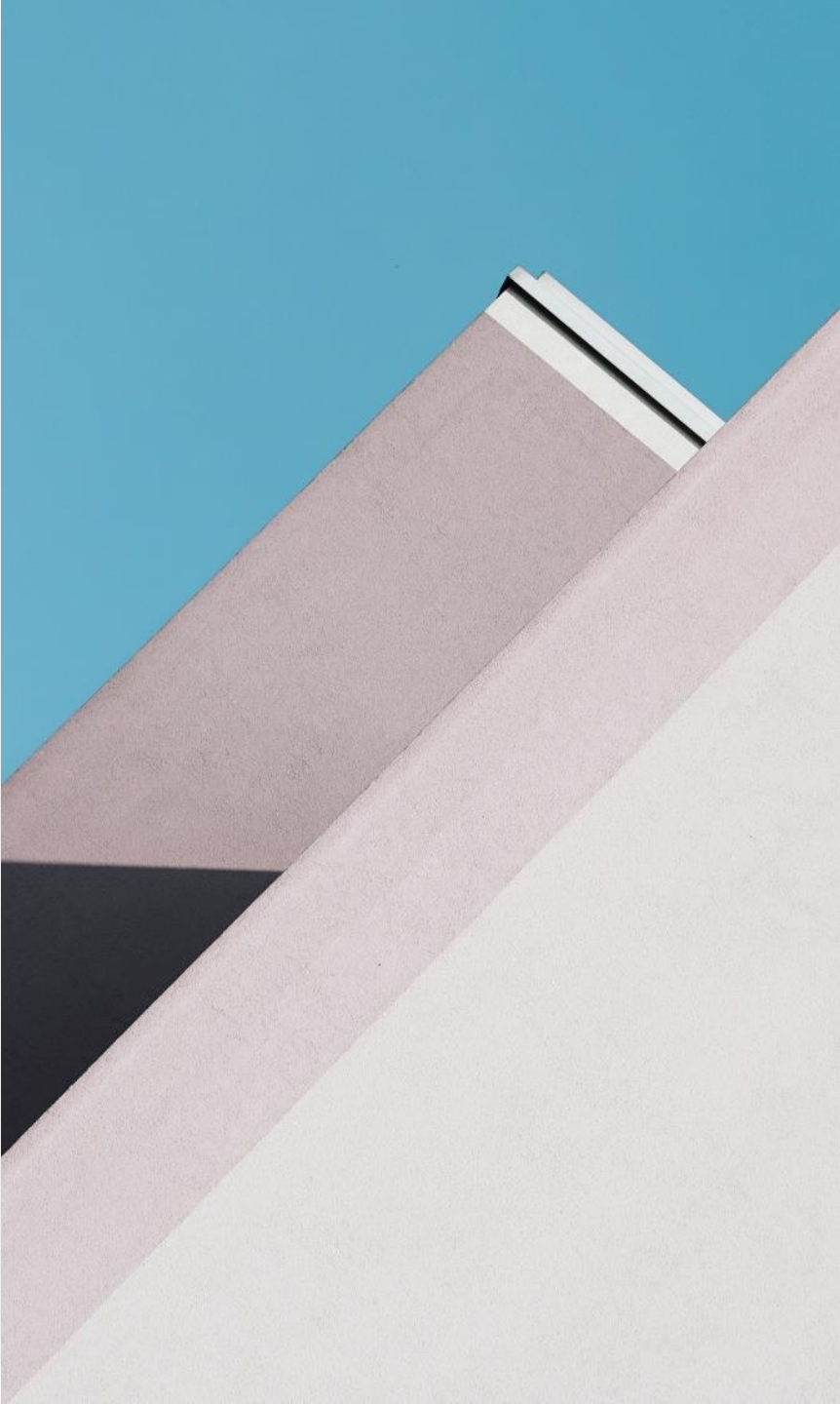
⁸ Then I will ever sing in praise of your name and fulfill my vows day after day.

NIV

Psalm 61

PSALM 61

AUTHOR:	DAVID
THEME:	DAVID PRAYS FOR SECURITY AND ASSURANCE
HISTORY:	IT IS BELIEVED THAT THIS PSALM WAS WRITTEN AFTER DAVID ESCAPED SAUL'S ATTEMPT TO KILL HIM
VERSES 1-8	• Although David was in unfamiliar territory, God was still with him • God will be with us to protect and reassure us • When our hearts are overwhelmed, God is the rock we can stand on • David talks about the Promised Land... God's eternal kingdom • In difficult times, David praised God • What do you do?



SUMMARY OF PSALM 57-61

Psalm	Author	Theme	Historical Setting	Commentary / Application
57	David	Refuge and praise amid danger	When David fled from Saul into the cave of Adullam (1 Sam. 22:1) or En Gedi (1 Sam. 24:1)	Even in the darkest “cave” moments, God’s mercy shelters us. David’s enemies fell into their own trap, showing that praise can begin before deliverance arrives.
58	David	God’s judgment on corrupt rulers	Likely when Saul’s court condemned David as a traitor; a response to corrupt judges and unjust legal rulings	When leaders abuse power, God is the ultimate Judge. Wickedness is deep-rooted like venom, but divine justice will ultimately vindicate the righteous and restore moral order.
59	David	Deliverance from deadly enemies	When Saul sent assassins to watch David’s house and kill him (1 Sam. 19:11–12)	God is our high tower and fortress against any conspiracy. David sang three kinds of praise despite mortal danger, showing that trust in God produces joy even under threat.
60	David	From national defeat to victory in God	During wars against Mesopotamia and Syria of Zobah; Joab killed 12,000 Edomites in the Valley of Salt (2 Sam. 8; 1 Chr. 18)	Military setbacks reminded Israel that victory comes from God alone. David appealed directly to God as the ultimate cause, declaring “Through God we will do valiantly.”
61	David	Hope when the heart is overwhelmed	Likely after David became king; possibly during Absalom’s rebellion or a military campaign near the Euphrates (2 Sam. 8:3–4; 15)	When overwhelmed, cry out to God—the Rock higher than ourselves. Present trust is built on past faithfulness; David moved from a fainting heart to daily praise and worship.

What else?

*Is there anything you
want to talk about?*

Psalms Reading Plan

— 5 Psalms per Week —

Begins: March 20, 2026

Weeks 1–10

Week	Dates	Psalms
1	Mar 20–26	Psalms 1–5
2	Mar 27–Apr 2	Psalms 6–10
3	Apr 3–9	Psalms 11–15
4	Apr 10–16	Psalms 16–20
5	Apr 17–23	Psalms 21–25
6	Apr 24–30	Psalms 26–30
7	May 1–7	Psalms 31–35
8	May 8–14	Psalms 36–40
9	May 15–21	Psalms 36–40
10	May 22–28	Psalms 46–50

Weeks 11–20

Week	Dates	Psalms
11	May 29–Jun 4	Psalms 51–55
12	Jun 5–11	Psalms 56–60
13	Jun 12–18	Psalms 61–65
14	Jun 19–25	Psalms 66–70
15	Jun 26–Jul 2	Psalms 71–75
16	Jul 3–9	Psalms 76–80
17	Jul 10–16	Psalms 81–85
18	Jul 17–23	Psalms 86–90
19	Jul 24–30	Psalms 91–95
20	Jul 31–Aug 6	Psalms 96–100

Weeks 21–30

Week	Dates	Psalms
21	Aug 7–13	Psalms 101–105
22	Aug 14–20	Psalms 106–110
23	Aug 21–27	Psalms 111–115
24	Aug 28–Sep 3	Psalms 116–120
25	Sep 4–10	Psalms 121–125
26	Sep 11–17	Psalms 126–130
27	Sep 18–24	Psalms 131–135
28	Sep 25–Oct 1	Psalms 136–140
29	Oct 2–8	Psalms 141–145
30	Oct 9–15	Psalms 146–150

30 Weeks • 150 Psalms • 5 Per Week



FRUIT OF THE SPIRIT CHURCH

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