

# Psalms 9 & 10 – Hope for the Hurting

Michael Silva / Aug 25, 2019

**Opening:** Time Magazine Article: Is It Bad for You to Read the News Constantly<sup>1</sup>

- A recent survey from the American Psychological Association found that, for many Americans, “news consumption has a downside.”
  - More than half of Americans say the news causes them stress, and many report feeling anxiety, fatigue or sleep loss as a result, the survey shows.
  - Research has shown that negative TV news is a significant mood-changer, and the moods it tends to produce are sadness and anxiety. “Our studies also showed that this change in mood exacerbates the viewer’s own personal worries, even when those worries are not directly relevant to the news stories being broadcast,” says [Graham Davey, a professor emeritus of psychology at Sussex University in the UK and editor-in-chief of the Journal of Experimental Psychopathology].
  - While increased anxiety and stress are reason enough to be wary of overdoing it when it comes to the news, these and other mental health afflictions can also fuel physical ailments. Stress-related hormones, namely cortisol, have been linked to inflammation associated with rheumatoid arthritis, cardiovascular disease and other serious health concerns.
  - [Loretta Breuning, a former professor of management at the University of California] explains that the human brain is attracted to troubling information because it’s programmed to detect threats, not to overlook them. “This can make it hard for us to ignore the negatives and seek out the positives around us,” she says. “Our brain is predisposed to go negative, and the news we consume reflects this.”
  - While your brain may find the latest news enthralling, it’s hard to argue that all of that news is truly illuminating. Breuning says much of the opinion and commentary that passes for news analysis is the equivalent of lunchroom gossip. “There’s this idea of following the news in order to be an informed citizen, but a lot of what you see today is gossip elevated to a sophisticated level,” she says. And if the news you consume is getting you worked up or worried—and some would say this is exactly the goal of much of today’s coverage—it’s probably not doing your health any favors, she says.
- ❖ Have you felt some of these effects on your own heart and mind?
- a) The reality is... There is evil in the world, regardless of how it’s reported and presented.
  - b) And if we dwell on this evil and what’s being done, it can lead us to being stuck in a very dark place without much hope of the future.
  - c) Our passages today deal with these very circumstances...
    - i) How do we process the evil going on around us and those who are seemingly getting away with it?

**Introduction:** We are continuing our study in the Psalms, the hymnbook of the Bible.

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<sup>1</sup> <https://time.com/5125894/is-reading-news-bad-for-you/>

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1. In the Psalms we find real emotions and struggles being expressed to the Lord.
  - a) In the midst of those struggles we are reminded that God is **sovereign** and that regardless of our circumstances **He is worthy of praise**.
2. RECAP:
  - a) In **Psalm 1** we were reminded to **Sit, Stand, and Walk in the Word**.
  - b) In **Psalm 2** the Psalmist declared gospel message... **Blessed are all those who put their trust in Him**.
  - c) In **Psalms 3 & 4**... **Rest in the Lord w/ Gladness & Peace** - David shows us by example that if we will rest in the Lord he will bring us gladness of heart, peace, and rest.
  - d) In **Psalm 5** we saw David's example of **Seeking, Looking Up, Departing, & Worshiping**.
  - e) In **Psalms 6 & 7** we were exhorted to **Repent, Trust in Trials, and Love & Pray**.
  - f) In **Psalm 8** the key points were **God's name is Majestic, He is Mindful of us, the Messiah is coming to visit, and we have been given Management (Dominion/Stewardship)**.

That brings us to: **Psalms 9 & 10** (NKJV)<sup>1</sup>

1. I've **summarized** our passages today **Hope for the Hurting**.

**Psalm 9: Title** To the Chief Musician. To The Tune of "Death of the Son." a Psalm of David.

1. David is the author. Commentators are not exactly sure why it's set to the tune of "Death of the Son".
  - a) Though it's believed that this Psalm may have written in reflection of David's victory over Goliath and the Philistines.
  - b) Goliath was a gigantic man and mighty warrior, the greatest son of the Philistines whom young David slew with a sling and a stone. (1 Samuel 17)
2. This psalm, together with Psalm 10, forms an acrostic: the initial letters of successive verses follow the order of the Hebrew alphabet. It may have been used as an aid to memory.<sup>2</sup>
  - a) In the Septuagint (Greek) and Vulgate (Latin) Bibles Psalms 9 and 10 are considered one.

**Psalm 9:1-2** <sup>1</sup> I will praise *You*, O LORD, with my whole heart; I will tell of all Your marvelous works.

<sup>2</sup> I will be glad and rejoice in You; I will sing praise to Your name, O Most High.

1. Praise w/ my Whole Heart.

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<sup>2</sup> Halley, H. H. (2000). *Halley's Bible handbook with the New International Version*. (Completely rev. and expanded., p. 326). Grand Rapids, MI: Zondervan Publishing House.

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- a) What does it look like for you to praise the Lord with your whole heart?
- i) Each of us are different and we'll express our praise in different ways as well.
    - (1) Some might want to raise their hands while others might bow their heads.
    - (2) Some might want to praise the Lord publicly in corporate worship while others find the most intimate type of praise is expressed when they are in their private prayer closet.
    - (3) Some might want to sing forth their praises while others might scribble them down in a personal journal.
  - ii) The scriptures describe a wide variety of ways in which we can praise and worship God.
    - (1) Clapping and shouting – Ps 47:1-2
    - (2) Sitting – Act 2:2
    - (3) Kneeling – Ps 95:6
    - (4) Standing – Ex 33:10
    - (5) Laying prostrate on the ground – 1 Kings 18:39
    - (6) Bowing the head – 2 Chron 29:30
    - (7) Lifting of the hands – Ps 63:4
    - (8) Dancing – Ps 149:3
  - iii) I would make a special request and that is when we worship here corporately, please remember that
    - (1) In **1 Corinthians 14:33** it says, <sup>33</sup> For God is not *the author of confusion but of peace, as in all the churches of the saints.*
    - (2) With praise the worship the focus should remain on God... Let's not draw attention to ourselves.
  - iv) What would it look like this week to really praise the Lord with your Whole Heart? Would it look any different from last week?

### 2. I Will Tell...

- a) While our faith is based on a personal relationship with the Lord, it has always been God's desire that we share with the world around us about who God is and what he has done for us.

### 3. David exercises choice in Verse 2 – He declares, *I will be glad and rejoice in You.*

- a) He didn't say "I feel glad..."
- b) David's and Israel's enemies were great, yet they had hope in the One who reigns over them all from heaven above.
  - i) Therefore David chose to be glad and rejoice in the Lord.
- c) Spurgeon: God loveth a *cheerful* giver, whether it be the gold of his purse or the gold of his mouth

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which he presents upon his altar.<sup>3</sup>

i) Let's choose to be glad and rejoice in Him!

**Psalm 9:3-5** <sup>3</sup> When my enemies turn back, They shall fall and perish at Your presence. <sup>4</sup> For You have maintained my right and my cause; You sat on the throne judging in righteousness. <sup>5</sup> You have rebuked the nations, You have destroyed the wicked; You have blotted out their name forever and ever.

1. Notice that God first rebukes before He destroys.

a) God has a way of making His will known... the question is are we willing to surrender to His will?

2. God is the ultimate defender and right-maker.

a) To be enemies of Israel, and now the church, is to be enemies of God. All such enemies will **fall and perish at [His] presence.**

b) Perhaps you have been unjustly treated...

i) Maybe your ideas and comments have been stolen and used by others or twisted so that you have been misrepresented...

ii) Maybe you have been falsely accused, misunderstood, or even outright attacked unjustly...

c) God is the one who rights all those wrongs, He will vindicate us... BUT we must trust Him and His timing.

i) Trusting in the Lord puts us on the pathway to peace. The further we journey down that path with Jesus the greater comfort we will find.

(1) The book *Pilgrim's Progress* is a great example of the journey of the Christian life.

ii) If we don't trust and wait upon Him we will be in bondage, not to other, but to ourselves.

**Psalm 9:6-8** <sup>6</sup> O enemy, destructions are finished forever! And you have destroyed cities; Even their memory has perished. <sup>7</sup> But the LORD shall endure forever; He has prepared His throne for judgment. <sup>8</sup> He shall judge the world in righteousness, And He shall administer judgment for the peoples in uprightness.

1. In the End Times all the leaders and people who follow Satan and the beast – the antichrist will come against God and Israel in an all out effort to destroy Israel and the name of God.

a) Revelation 17:14 <sup>14</sup> These will make war with the Lamb, and the Lamb will overcome them, for He is Lord of lords and King of kings; and those *who are* with Him *are* called, chosen, and faithful.

b) The news may be discouraging, but God will prevail! **The LORD shall endure forever!**

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<sup>3</sup> Spurgeon, C. H. (n.d.). *The treasury of David: Psalms 1-26* (Vol. 1, p. 97). London; Edinburgh; New York: Marshall Brothers.

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- c) He will judge the world in righteousness. That means that every judgment will be good and right.

**Psalm 9:9-10** <sup>9</sup> The LORD also will be a refuge for the oppressed, A refuge in times of trouble. <sup>10</sup> And those who know Your name will put their trust in You; For You, LORD, have not forsaken those who seek You.

1. Don't worry, you don't need two or three gathered together for Jesus to be with you.
  - a) When Jesus declared in **Matthew 18:20** "For where two or three are gathered together in My name, I am there in the midst of them..." He stated that in the context of church discipline which relates to how legal matters were established in the Old Testament.
  - b) Jesus' comment, often prayed out of context, has nothing to do with His ongoing presence in the life of believers.
  - c) David declares that the Lord has not forsaken those who seek [Him].
    - i) Psalm 37:24 <sup>24</sup> Though he fall, he shall not be utterly cast down; For the LORD upholds *him with His hand*.
    - ii) Jesus declared in **John 6:37** <sup>37</sup> All that the Father gives Me will come to Me, and the one who comes to Me I will by no means cast out.
    - iii) Hebrews 13:5 <sup>5</sup> Let your conduct *be* without covetousness; *be* content with such things as you have. For He Himself has said, "I will never leave you nor forsake you."
2. God is our refuge – based on a word that means high point that is inaccessible, our enemies can't reach us to hurt us in God's refuge.

**Psalm 9:11-12** <sup>11</sup> Sing praises to the LORD, who dwells in Zion! Declare His deeds among the people. <sup>12</sup> When He avenges blood, He remembers them; He does not forget the cry of the humble.

1. We go from telling of His marvelous works in verse 1 to [declaring] His deeds among the people.
  - a) The word declare means to announce but it also means to give evidence.
  - b) 1 Peter 3:15 <sup>15</sup> But sanctify the Lord God in your hearts, and always *be* ready to *give* a defense to everyone who asks you a reason for the hope that is in you, with meekness and fear;

**Psalm 9:13-14** <sup>13</sup> Have mercy on me, O LORD! Consider my trouble from those who hate me, You who lift me up from the gates of death, <sup>14</sup> That I may tell of all Your praise In the gates of the daughter of Zion. I will rejoice in Your salvation.

1. David wants to have his worship in Jerusalem restored.
  - a) What is your motivation for crying out to the Lord?
    - i) Is it to gain or restore success, privilege, position, or some other thing that will ultimately feed your pride?

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- ii) Is it for comfort in a plea to be put on the path of least resistance?
- iii) Or is it similar to David's desire... Is your ultimately a desire to walk closer with the Lord.

### **Psalm 9:15-18**

<sup>15</sup> The nations have sunk down in the pit *which* they made; In the net which they hid, their own foot is caught. <sup>16</sup> The LORD is known *by* the judgment He executes; The wicked is snared in the work of his own hands. Meditation. Selah <sup>17</sup> The wicked shall be turned into hell, *And* all the nations that forget God. <sup>18</sup> For the needy shall not always be forgotten; The expectation of the poor shall *not* perish forever.

1. The words **Meditation** and **Selah** are inserted here by David so that the readers and singers of this Psalm would pause and reflect on God's just nature in comparison with the wicked who will be ensnared in the works of his own hands.
  - a) Don't worry, the wicked will fall into their own trips in due time.
2. The Word **hell** in verse 17... comes from the Hebrew word Sheol. It's simply the name for the place of the dead.
  - a) The idea is that once dead it's all over for them and soon they will be forgotten, but...
    - i) The needy shall not always be forgotten.

### **Psalm 9:19-20**

<sup>19</sup> Arise, O LORD, Do not let man prevail; Let the nations be judged in Your sight. <sup>20</sup> Put them in fear, O LORD, *That* the nations may know themselves *to be but* men. Selah

1. David is praying that the Lord would intercede on their behalf.
  - a) We all need God's help!
  - b) Prayer is one of our chief weapons of war against the enemy.
  - c) When the circumstances become greater than we can handle, we have a direct line to the true commander in chief.
2. As we conclude this 9<sup>th</sup> Psalm may it serve as an encouragement that God is on the throne and He will prevail over the wicked and ungodly.
  - a) He has promised to care for us and He never forgets His promises.
  - b) C.H. Spurgeon, in describing this Psalm stated, "*We have here before us most evidently a triumphal hymn; may it strengthen the faith of the militant believer, and stimulate the courage of the timid saint, as he sees here THE CONQUEROR, on whose vesture and thigh is the name written, King of kings and Lord of lords.*"<sup>4</sup>

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<sup>4</sup> Spurgeon, C. H. (n.d.). [\*The treasury of David: Psalms 1-26\*](#) (Vol. 1, p. 96). London; Edinburgh; New York: Marshall Brothers.

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**Psalm 10:1-2** <sup>1</sup> Why do You stand afar off, O LORD? *Why* do You hide in times of trouble? <sup>2</sup> The wicked in *his* pride persecutes the poor; Let them be caught in the plots which they have devised.

1. The author of this Psalm is anonymous, though many believe it was written by David, especially because of the special literary form it shares with Psalm 9.
2. To this Psalmist, God seemed far from him. But that didn't keep the Psalmist from calling out to God.
  - a) When you can't see God, don't assume that God's gone, He's always within voice distance, an earshot of you.

**Psalm 10:3-7** <sup>3</sup> For the wicked boasts of his heart's desire; He blesses the greedy *and* renounces the LORD. <sup>4</sup> The wicked in his proud countenance does not seek *God*; *God is* in none of his thoughts. <sup>5</sup> His ways are always prospering; Your judgments *are* far above, out of his sight; *As for* all his enemies, he sneers at them. <sup>6</sup> He has said in his heart, "I shall not be moved; I shall never be in adversity." <sup>7</sup> His mouth is full of cursing and deceit and oppression; Under his tongue *is* trouble and iniquity.

1. Why do the wicked prosper and seem to get away with all the unjust acts that they do?
  - a) One, to remind us that: Wealth, or at least the love of it, keeps our hearts far from God.
    - i) The life of the wicked who prospers should serve as a reminder of the dangers of the love of money.
  - b) Two: This also shows that God is longsuffering...
    - i) **2 Peter 3:8** <sup>8</sup> But, beloved, do not forget this one thing, that with the Lord one day *is* as a thousand years, and a thousand years as one day.
      - ii) They haven't been judged yet because God is still allowing them an opportunity to hear the Gospel and to receive God's free gift of salvation which is infinitely more valuable than anything this world can buy.
        - (1) Who has been commissioned to share that message with them? Us! You and Me!

**Psalm 10:8-11** <sup>8</sup> He sits in the lurking places of the villages; In the secret places he murders the innocent; His eyes are secretly fixed on the helpless. <sup>9</sup> He lies in wait secretly, as a lion in his den; He lies in wait to catch the poor; He catches the poor when he draws him into his net. <sup>10</sup> So he crouches, he lies low, That the helpless may fall by his strength. <sup>11</sup> He has said in his heart, "God has forgotten; He hides His face; He will never see."

1. The enemy of our soul is always looking for ways to distract us, disarm us, and even destroy us.
  - a) One such way is through unequally yoked relationships.
  - b) 2 Corinthians 6:14 <sup>14</sup> Do not be unequally yoked together with unbelievers. For what fellowship has righteousness with lawlessness? And what communion has light with darkness?
  - c) There are some genuinely nice and caring people who are not saved.
    - i) That said, the unredeemed do not have the Spirit of the Living God in their hearts and cannot bear

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the true fruit of the Spirit.

- ii) Their kindness can go no deeper than their own physical and emotional limits.
- iii) But the redeemed, the followers of Christ have a limitless reservoir of grace to draw and drink from.
- d) The enemy would love to see us enter into unequally yoked business partnerships and intimate relationships with those whose hearts are far from God...
  - i) Why? So that we might be pulled down into the godless, sinful behavior that so many of them perpetrate.
  - ii) The Psalmist reminds us that the wicked prey on those who are in greatest need, the poor and the helpless.
- e) The Psalmist here reminds of how dangerous and hurtful to others it is to be in intimate relationship with those who are wicked.
  - i) Let's not be unequally yoked in our intimate relationships, personal and business.
  - ii) Moreover **James 1:27** says, <sup>27</sup> Pure and undefiled religion before God and the Father is this: to visit orphans and widows in their trouble, and to keep oneself unspotted from the world.
  - iii) Let's also be about helping those in need, those who have been exploited by the wicked.

### **Psalm 10:12-15**

<sup>12</sup> Arise, O LORD! O God, lift up Your hand! Do not forget the humble. <sup>13</sup> Why do the wicked renounce God? He has said in his heart, "You will not require *an account*." <sup>14</sup> But You have seen, for You observe trouble and grief, To repay *it* by Your hand. The helpless commits himself to You; You are the helper of the fatherless. <sup>15</sup> Break the arm of the wicked and the evil *man*; Seek out his wickedness *until* You find none.

1. The wicked think they answer to no one but themselves.
  - a) We should pray that their eyes would be opened to their need for forgiveness in Christ.
2. The Psalm's prayer for God to **Break the arm of the wicked and the evil *man*** sounds harsh, but you have to understand what the word **arm** means to get what he's asking for.
  - a) The word **arm** comes from a Hebrew word (זְרוּעַ - *zârowa* ) which spoke of strength or force.
  - b) The Psalmist is not praying for the physical harm of the wicked, but rather that God would take away their strength and force that they use to harm others.
    - i) The Psalmist is praying that their power and influence to hurt others would be removed.
    - ii) We need to be praying for those in authority (Rom 13:1), especially that they would use their powers and influence for good and not evil.

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### **Psalm 10:16-18**

<sup>16</sup> The LORD *is* King forever and ever; The nations have perished out of His land.

<sup>17</sup> LORD, You have heard the desire of the humble; You will prepare their heart; You will cause Your ear to hear,

<sup>18</sup> To do justice to the fatherless and the oppressed, That the man of the earth may oppress no more.

1. Guzik, “The Psalmist ends with assurance of God’s **justice** applied to the wicked. What began with a sense of despair in *times of trouble* has ended with calm confidence in God’s **justice** and victory.”<sup>5</sup>

### **Conclusion: What’s the big take away from this passage?**

1. Certainly these two Psalms provide Hope for the Hurting. God will prevail!
  - a) Until He returns to come get us or we go home to be with the Lord...
    - i) Micah 6:8 <sup>8</sup> He has shown you, O man, what *is* good; And what does the LORD require of you  
But to do justly, To love mercy, And to walk humbly with your God?
  - b) Let’s continue to Praise the Lord, telling others of His marvelous works,
    - i) Let’s choose to be glad and rejoice in Him.
    - ii) Let’s continue to pray that God would help us, especially with things we, ourselves can’t change.
    - iii) Let’s not be unequally yoked with the world around us.
    - iv) Let’s care for those in need.
    - v) Let’s keep our eyes on the Lord, who provides hope for the hurting.

**Invitation: Revelation 3:20** Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him and dine with him, and he with Me.

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<sup>i</sup> All scripture references, unless otherwise noted, are taken from The New King James Version. (1982). Nashville: Thomas Nelson.

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<sup>5</sup> Guzik, D. (2013). *Psalms* (Ps 10:16–18). Santa Barbara, CA: David Guzik.