

# From trouble to triumph

## Psalm 60

**Historical Context:** 2 Samuel 8:1-15 ; 1 Chronicles 18:1-14

**Inscription:** To the chief Musician upon Shushaneduth, Michtam of David, to teach; when he strove with Aram-naharaim and with Aram-zobah, when Joab returned, and smote of Edom in the valley of salt twelve thousand.

**Poetical Structure:** Alternate Parallelism

### Poetical Layout

- 1) O God, thou hast cast us off,  
    thou hast scattered us,  
    Thou hast been displeased;  
    O turn thyself to us again.
- 2)       Thou hast made the earth to tremble;  
    thou hast broken it:  
    Heal the breaches thereof; for it shaketh.
- 3)       Thou hast shewed thy people hard things:  
    Thou hast made us to drink the wine  
    of astonishment.
- 4)       Thou hast given a banner to them that fear thee,  
    That it may be displayed because of the truth.

Selah.

- 5) That thy beloved may be delivered;  
    Save with thy right hand, and hear me.

- 6) God hath spoken in his holiness;  
*I will rejoice, I will divide Shechem,  
And mete out the valley of Succoth.*
- 7) *Gilead is mine, and Manasseh is mine;  
Ephraim also is the strength of mine head;  
Judah is my lawgiver;*
- 8) *Moab is my washpot;  
Over Edom will I cast out my shoe:  
Philistia, triumph thou because of me.*
- 9) Who will bring me into the strong city?  
Who will lead me into Edom?
- 10) Wilt not thou, O God, which hadst cast us off?  
And thou, O God, which didst not go out with our armies?
- 11) Give us help from trouble: For vain is the help of man.
- 12) *Through God we shall do valiantly:  
For he it is that shall tread down our enemies.*

## Outline

- I. The kingdom's trouble (v. 1-5)
  - A. The kingdom's defeat (v. 1-3)
  - B. The kingdom's deliverance (v. 4-5)
- II. The kingdom's triumph (v. 6-9)
  - A. Their military conquests (v. 6-8)
  - B. Their military future (v. 9)
- III. The king's trouble (v. 10-11)
  - A. His concern (v. 10)
  - B. His cry (v. 11)
- IV. The king's triumph (v. 12)

## **Meditation Guide**

1. How do you interpret the concept of God's rejection and restoration in times of adversity?
2. In what ways can we find strength and refuge in God when facing overwhelming challenges?
3. Reflecting on the psalmist's plea for deliverance, what does it teach us about the nature of prayer and seeking God's help?
4. How can we reconcile the idea of God's sovereignty with the reality of human suffering?
5. What lessons can we learn from the psalmist's acknowledgement of God's faithfulness and promises, even amidst difficult circumstances?
6. How do you personally relate to the psalmist's experience of feeling abandoned or defeated? How might you seek hope and restoration in such moments?
7. How does the psalmist's cry for help and acknowledgement of human limitations resonate with your own struggles and vulnerabilities?
8. Reflecting on the psalmist's plea for divine intervention, what does it teach us about the importance of relying on God's power rather than our own?
9. How can we cultivate a mindset of trust and surrender, even when faced with uncertainty or setbacks?
10. What might it mean to have a steadfast heart that is anchored in God's love and purpose, as portrayed in the psalm?