

Psalm 56:1-13

What could men do to you? Quite a lot!

Knowing this, David honestly tells us that he is afraid of what men could do to him. So, often, we are the same. Two voices frequently contend in the hearts of Christians; one is the voice of fear, which is countered by the voice of faith.

Summary

In Psalm 56, though vulnerable and weak and being pursued by those who sought his life, David combats his fear with faith, teaching all believers to do the same.

1. Voiced Fear vv. 1-3; 5-6

The psalm begins with the voice of fear (**Ps. 56:1-2**).

David prayed for help because of the fury of his attackers (**vv. 5-6**).

According to the Title (superscription), Psalm 56 was composed at one of the low points of David's life, "when the Philistines seized him in Gath."

Far from embracing David, and granting him asylum from Saul, the servants of King Achish came to him, demanding David's head: **1 Sam 21:11**.

Consequently, David was so gripped by fear that he devised own plan of escape by pretending to be insane (**1 Sam 21:13**).

This incident at Gath was a great embarrassment for David.

This shows us how the Bible is very honest about the sins and folly of the saints.

It also shows us what tends to happen when we take matters into our own hands, seeking to save ourselves means through worldly means rather than trusting in God.

David may have lost hold of God, for a time, and fallen into folly, but God had not let go of him and so now now he turns back to the Lord in prayer: **Ps. 56:3** "When I am afraid, I put my trust in you."

Many believers find that it takes fear to spur us on to faith.

God places us in uncomfortable situations, in which we are frightened and unsettled to provoke this response of faith (**1 Peter 1:7**).

2. Answering Faith vv. 4; 10-11

David's recovered faith provides a refrain or chorus in Psalm 56 (**vv. 4; 10-11**).

The key factor of faith is trust.

In Psalm 56; David's faith (trust) is manifest in his reliance on God for salvation.

David trusted in God because of his knowledge of who God is in his might, his faithfulness, and his love. David knew and trusted a God who towers above the world and who cares for His people.

This is why we need to know who God is and how He works.

Our faith, like David's, is no stronger than its object; when we know who God is, and what he has done, we find that our faith is made strong so as to conquer all fear.

David not only trusted God, but also showed how strong faith is grounded on God's Word (**Ps. 56:4**). For believers today, this same faith is focused in the person and work of Jesus Christ, God's Son, as the Savior in whom all may trust and be saved.

Two of the greatest statements that the New Testament makes about Jesus Christ are drawn from verses in David's psalm.

First, Psalm 56:13 David thanks God because "you have delivered my soul from death, yes, my feet from falling, that I may walk before God in the light of life."

Secondly, the writer to the Hebrews picks up David's assertion from **Psalm 56:4**. Jesus Christ invites everyone to receive a full, comprehensive, and secure salvation through faith in his Word.

David's faith conquered his fear. This is the courageous faith that we need today. It can be found in the same place David found it; in the great God and His Word.

3. Fear Conquering Trust vv. 10-13

What can we learn from Psalm 56?

First, trust is something we progressively learn over the course of our lives.

Secondly, when faith (a hearty trust) overcomes fear, the believer is delivered from despair to thanksgiving (**Psalm 56:12**).

Thirdly, the psalm concludes with the resolve and determination that comes to those who have learned to trust the Lord (**Ps. 56:13**).

Jesus said, "I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life" (**John 8:12**).

For Christians, fear is conquered by following Jesus, who promises that those who trust in him will not walk in darkness.

Following him, you will find that your fear will give way to conquering faith and that the light of his life will shine on every dark path.