

Psalm 56:1-13 **I Trust in Elohiym – What can man do to me?**

Prayer for Relief from Tormentors

To the Chief Musician. Set to "The Silent Dove in Distant Lands."* A Michtam of David when the Philistines captured him in Gath.

1. Be merciful to me, O Elohiym (God), for man would swallow me up; Fighting all day he oppresses me.
- 2 My enemies would hound *me* all day, For *there are* many who fight against me, O Most High.
- 3 Whenever I am afraid, I will trust in You.
- 4 In Elohiym (God) (I will praise His word), In Elohiym (God) I have put my trust; I will not fear. What can flesh do to me?
- 5 All day they twist my words; All their thoughts *are* against me for evil.
- 6 They gather together, They hide, they mark my steps, When they lie in wait for my life.
- 7 Shall they escape by iniquity? In anger cast down the peoples, O Elohiym (God)!

- 8 You number my wanderings; Put my tears into Your bottle; *Are they* not in Your book?
- 9 When I cry out *to You*, Then my enemies will turn back; This I know, because Elohiym (God) *is* for me.
- 10 In Elohiym (God) (I will praise *His* word), In Yahweh (the LORD) (I will praise *His* word),
- 11 In Elohiym (God) I have put my trust; I will not be afraid. What can man do to me?

- 12 Vows *made* to You *are binding* upon me, O Elohiym (God); I will render praises to You,
- 13 For You have delivered my soul from death. *Have You* not *kept* my feet from falling, That I may walk before Elohiym (God) In the light of the living?

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Facts Revealed:

- ✧ Be merciful to me, O Elohiym (God), for man would swallow me up; Fighting all day he oppresses me.
My enemies would hound *me* all day, For *there are* many who fight against me, O Most High.
Whenever I am afraid, I will trust in You.
In Elohiym (God) (I will praise His word), In Elohiym (God) I have put my trust; I will not fear. What can flesh do to me? [[Psalm 56:1-4](#)]
- ✧ David prayed to Elohiym for mercy.
- ✧ David expressed his concern regarding his enemies.
- ✧ Trusting in Elohiym David will not fear what flesh can do to him, [[Luke 12:4-5](#), [Matthew 10:28](#)]

- ☆ All day they twist my words; All their thoughts *are* against me for evil. They gather together, They hide, they mark my steps, When they lie in wait for my life.
Shall they escape by iniquity? In anger cast down the peoples, O Elohiym (God)! [Psalm 56:5-7]
 - ◇ David described the threat from his enemies.
 - ◇ David prayed that Elohiym would cast them down.
- ☆ You number my wanderings; Put my tears into Your bottle; *Are they* not in Your book?
When I cry out *to You*, Then my enemies will turn back; This I know, because Elohiym (God) *is* for me.
In Elohiym (God) (I will praise *His* word), In Yahweh (the LORD) (I will praise *His* word),
In Elohiym (God) I have put my trust; I will not be afraid. What can man do to me? [Psalm 56:8-11]
 - ◇ David expressed his confidence in Elohiym noting that Elohiym has David in his sight continually and even his tears are recorded.
 - ◇ David is confident that his enemies will turn back when he cries out to Elohiym because Elohiym is with him. David will praise the word of Elohiym and the word of Yahweh.
 - ◇ Trusting in Elohiym, David will not be afraid saying, “What can man do to me?”
- ☆ Vows *made* to You *are binding* upon me, O Elohiym (God); I will render praises to You,
For You have delivered my soul from death. *Have You* not *kept* my feet from falling, That I may walk before Elohiym (God) In the light of the living? [Psalm 56:12-13]
 - ◇ David declared that his vows are binding and he will render praises to Elohiym.
 - ◇ He acknowledged that Elohiym has delivered him from death and kept his feet from falling so he can walk before Elohiym in the light of the living.