

Psalm 69:1-36 **David's prayer for deliverance from his adversaries and  
Confidence that Yahweh will help the humble in their time of trouble  
Yahweh is altogether worthy of all our praises  
Elohiym prefers humble trust and obedience to animal sacrifices**

*An Urgent Plea for Help in Trouble*

To the Chief Musician. Set to "The Lilies." A Psalm of David.

- 1 Save me, O Elohiym (God)! For the waters have come up to *my* neck.
- 2 I sink in deep mire, Where *there is* no standing; I have come into deep waters, Where the floods overflow me.
- 3 I am weary with my crying; My throat is dry; My eyes fail while I wait for Elohay (my God).
- 4 Those who hate me without a cause Are more than the hairs of my head; They are mighty who would destroy me, *Being* my enemies wrongfully; Though I have stolen nothing, I *still* must restore *it*.
- 5 O Elohiym (God), You know my foolishness; And my sins are not hidden from You.
- 6 Let not those who wait for You, O Adonay Yahweh Tsebaaovt (Lord GOD of hosts), be ashamed because of me; Let not those who seek You be confounded because of me, O Elohey Yisrael (God of Israel).
- 7 Because for Your sake I have borne reproach; Shame has covered my face.
- 8 I have become a stranger to my brothers, And an alien to my mother's children;
- 9 Because zeal for Your house has eaten me up, And the reproaches of those who reproach You have fallen on me.
- 10 When I wept *and chastened* my soul with fasting, That became my reproach.
- 11 I also made sackcloth my garment; I became a byword to them.
- 12 Those who sit in the gate speak against me, And I *am* the song of the drunkards.
- 13 But as for me, my prayer *is* to You, O Yahweh (LORD), *in* the acceptable time; O Elohiym (God), in the multitude of Your mercy, Hear me in the truth of Your salvation.
- 14 Deliver me out of the mire, And let me not sink; Let me be delivered from those who hate me, And out of the deep waters.
- 15 Let not the floodwater overflow me, Nor let the deep swallow me up; And let not the pit shut its mouth on me.
- 16 Hear me, O Yahweh (LORD), for Your lovingkindness *is* good; Turn to me according to the multitude of Your tender mercies.
- 17 And do not hide Your face from Your servant, For I am in trouble; Hear me speedily.
- 18 Draw near to my soul, *and* redeem it; Deliver me because of my enemies.
- 19 You know my reproach, my shame, and my dishonor; My adversaries *are* all before You.
- 20 Reproach has broken my heart, And I am full of heaviness; I looked *for someone* to

take pity, but *there was* none; And for comforters, but I found none.

21 They also gave me gall for my food, And for my thirst they gave me vinegar to drink.

22 Let their table become a snare before them, And their well-being a trap.

23 Let their eyes be darkened, so that they do not see; And make their loins shake continually.

24 Pour out Your indignation upon them, And let Your wrathful anger take hold of them.

25 Let their dwelling place be desolate; Let no one live in their tents.

26 For they persecute the *ones* You have struck, And talk of the grief of those You have wounded.

27 Add iniquity to their iniquity, And let them not come into Your righteousness.

28 Let them be blotted out of the book of the living, And not be written with the righteous.

29 But I *am* poor and sorrowful; Let Your salvation, Elohiym (God), set me up on high.

30 I will praise the name of Elohiym (God) with a song, And will magnify Him with thanksgiving.

31 *This* also shall please Yahweh (the LORD) better than an ox *or* bull, Which has horns and hooves.

32 The humble shall see *this and* be glad; And you who seek Elohiym (God), your hearts shall live.

33 For Yahweh (the LORD) hears the poor, And does not despise His prisoners.

34 Let heaven and earth praise Him, The seas and everything that moves in them.

35 For Elohiym (God) will save Zion And build the cities of Judah, That they may dwell there and possess it.

36 Also, the descendants of His servants shall inherit it, And those who love His name shall dwell in it.

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Facts Revealed:

✧ Save me, O Elohiym (God)! For the waters have come up to *my* neck.

I sink in deep mire, Where *there is* no standing; I have come into deep waters, Where the floods overflow me.

I am weary with my crying; My throat is dry; My eyes fail while I wait for Elohay (my God).

Those who hate me without a cause Are more than the hairs of my head; They are mighty who would destroy me, *Being* my enemies wrongfully; Though I have stolen nothing, I *still* must restore it. [Psalm 69:1-4]

✧ David found himself in unwarranted trouble from the multitude of his enemies.

✧ Waiting on Elohay has taken its damaging effect on his health.

✧ He prayed for Elohiym to save him from his overwhelming adversaries.

✧ O Elohiym (God), You know my foolishness; And my sins are not hidden from You.

Let not those who wait for You, O Adonay Yahweh Tsebaavt (Lord God of hosts), be

ashamed because of me; Let not those who seek You be confounded because of me,  
O Elohey Yisrael (God of Israel). [Psalm 69:5-6]

- ✧ David acknowledged that Elohiym knows all about his sins and foolishness.
- ✧ Yet he prayed that Elohiym not allow David's errors to cause those who wait for Adonay and those who seek Elohiym to be ashamed or confounded because of him.
- ✧ David did not want to become a stumbling block to any of God's people.
- ✧ Because for Your sake I have borne reproach; Shame has covered my face.  
I have become a stranger to my brothers, And an alien to my mother's children;  
Because zeal for Your house has eaten me up, And the reproaches of those who  
reproach You have fallen on me.  
When I wept *and chastened* my soul with fasting, That became my reproach.  
I also made sackcloth my garment; I became a byword to them.  
Those who sit in the gate speak against me, And I *am* the song of the drunkards.  
[Psalm 69:7-12]
- ✧ David, like Messiah received rejection because of their open stand for Elohiym. [Psalm 69:7-9,  
John 2:17]
- ✧ But as for me, my prayer *is* to You, O Yahweh (LORD), *in* the acceptable time; O  
Elohiym (God), in the multitude of Your mercy, Hear me in the truth of Your  
salvation.  
Deliver me out of the mire, And let me not sink; Let me be delivered from those who  
hate me, And out of the deep waters.  
Let not the floodwater overflow me, Nor let the deep swallow me up; And let not  
the pit shut its mouth on me. [Psalm 69:13-15]
- ✧ David prayed to Yahweh for deliverance from his antagonists.
- ✧ Hear me, O Yahweh (LORD), for Your lovingkindness *is* good; Turn to me according to  
the multitude of Your tender mercies.  
And do not hide Your face from Your servant, For I am in trouble; Hear me speedily.  
Draw near to my soul, *and* redeem it; Deliver me because of my enemies.  
You know my reproach, my shame, and my dishonor; My adversaries *are* all before  
You. [Psalm 69:16-19]
- ✧ David prayed to Yahweh to extend to him His loving kindness and tender mercies.
- ✧ Again he asked for deliverance from his adversaries.
- ✧ He acknowledged that Yahweh knows all about his troubles so he asked Yahweh to hear his  
prayer for deliverance.
- ✧ Reproach has broken my heart, And I am full of heaviness; I looked *for someone* to  
take pity, but *there was* none; And for comforters, but I found none.  
They also gave me gall for my food, And for my thirst they gave me vinegar to drink.  
Let their table become a snare before them, And their well-being a trap.  
Let their eyes be darkened, so that they do not see; And make their loins shake  
continually. [Psalm 69:20-23]
- ✧ In his search for comforters David expressing his grief made a statement that was later  
fulfilled in the crucifixion of Messiah Jesus. [Psalm 69:21, Matthew 27:34, 48]
- ✧ Pour out Your indignation upon them, And let Your wrathful anger take hold of them.  
Let their dwelling place be desolate; Let no one live in their tents.  
For they persecute the *ones* You have struck, And talk of the grief of those You have  
wounded.  
Add iniquity to their iniquity, And let them not come into Your righteousness.

Let them be blotted out of the book of the living, And not be written with the righteous. [\[Psalm 69:24-28\]](#)

✧ In his anguish, David prayed for Yahweh to pour His wrath on his antagonist's whereas Jesus prayed "Father forgive them, They do not know what they do. [\[Luke 23:34\]](#)

✧ But I *am* poor and sorrowful; Let Your salvation, Elohiym (God), set me up on high. I will praise the name of Elohiym (God) with a song, And will magnify Him with thanksgiving.

*This* also shall please Yahweh (the LORD) better than an ox *or* bull, Which has horns and hooves. [\[Psalm 69:29-31\]](#)

✧ David understands that exalting praise to Elohiym is more highly appreciated by the Most High than animal sacrifices. [\[Psalm 40:3-8, 51:16-17, Hosea 6:6, Matthew 9:13, 12:7, Hebrews 10:5-10\]](#)

✧ The exalting praise is about the great Salvation Elohiym has provided for the forgiveness of our sins renewing our relationship with Himself.

✧ The humble shall see *this and* be glad; And you who seek Elohiym (God), your hearts shall live.

For Yahweh (the LORD) hears the poor, And does not despise His prisoners.

Let heaven and earth praise Him, The seas and everything that moves in them.

For Elohiym (God) will save Zion And build the cities of Judah, That they may dwell there and possess it.

Also, the descendants of His servants shall inherit it, And those who love His name shall dwell in it. [\[Psalm 69:32-36\]](#)

✧ The humble will see this and be glad, those who seek Elohiym their hearts shall live.

✧ Yahweh hears the humble poor and does not despise His prisoners.

✧ David calls heaven and earth, the seas and all in them to praise Yahweh.

✧ Elohiym will save Zion and build the cities of Judah that His people may inhabit them.

✧ The descendants of His servants will inherit Zion and the cities of Judah where those who love His Name shall dwell.