

Psalm 69

Save me, O God, for the waters have come up to my neck. 2 I sink in the miry depths, where there is no

foothold. I have come into the deep waters; the floods engulf me. 3 I am worn out calling for help; my

throat is parched. My eyes fail, looking for my God.

4 Those who hate me without reason outnumber the hairs of my head; many are my enemies without

cause, those who seek to destroy me. I am forced to restore what I did not steal. 5 You, God, know my folly;

my guilt is not hidden from you.

6 Lord, the Lord Almighty, may those who hope in you not be disgraced because of me; God of Israel, may

those who seek you not be put to shame because of me. 7 For I endure scorn for your sake, and shame

covers my face. 8 I am a foreigner to my own family, a stranger to my own mother's children; 9 for zeal for

your house consumes me, and the insults of those who insult you fall on me.

10 When I weep and fast, I must endure scorn; 11 when I put on sackcloth, people make sport of me. 12 Those

who sit at the gate mock me, and I am the song of the drunkards. 13 But I pray to you, Lord, in the time of

your favor; in your great love, O God, answer me with your sure salvation. 14 Rescue me from the mire, do

not let me sink; deliver me from those who hate me, from the deep waters.

15 Do not let the floodwaters engulf me or the depths swallow me up or the pit close its mouth over me.

16 Answer me, Lord, out of the goodness of your love; in your great mercy turn to me.

17 Do not hide your

face from your servant; answer me quickly, for I am in trouble. 18 Come near and rescue me; deliver me

because of my foes.

19 You know how I am scorned, disgraced and shamed; all my enemies are before you.

20 Scorn has broken

my heart and has left me helpless; I looked for sympathy, but there was none, for comforters, but I found

none. 21 They put gall in my food and gave me vinegar for my thirst. 22 May the table set before them

become a snare, may it become retribution and [b] a trap. 23 May their eyes be darkened so they cannot see,

and their backs be bent forever.

24 Pour out your wrath on them; let your fierce anger overtake them. 25 May their place be deserted; let

there be no one to dwell in their tents. 26 For they persecute those you wound and talk about the pain of

those you hurt. 27 Charge them with crime upon crime; do not let them share in your salvation.

28 May they be blotted out of the book of life and not be listed with the righteous .

29 But as for me, afflicted

and in pain—may your salvation, God, protect me. 30 I will praise God's name in song and glorify him with

thanksgiving. 31 This will please the Lord more than an ox, more than a bull with its horns and hooves

32 The poor will see and be glad— you who seek God, may your hearts live!

33 The Lord hears the needy and

does not despise his captive people. 34 Let heaven and earth praise him, the seas and all that move in them

5 for God will save Zion and rebuild the cities of Judah. Then people will settle there and possess it; 36 the

children of his servants will inherit it, and those who love his name will dwell there.

We will use five tools on our expedition that are built around five questions

- What questions were provoked within you?
- Did anything confuse you?

- Did anything move you emotionally?
- Did God instruct you to do something?
- Did you gain any insight into God's character

1. David begins with an urgent petition: "Save me, O God, for the waters have come up to my neck" (v.1). He does not wait

to explain before pleading for rescue.

2. He describes sinking in deep waters and mire with no solid ground (v.1–2). Is this literal danger, a vivid emotional

picture, or both? What makes this imagery so powerful?

3. Have you ever felt like you were sinking with no firm place to stand? When did you last feel that way?

4. David says he is "worn out from calling for help" (v.3). His throat is dry and his eyes fail while waiting for God. He is

exhausted from praying.

5. What does it mean to be spiritually or emotionally worn out from asking God for help? Is it wrong to feel tired of

praying? Why or why not?

6. David says those who hate him without reason outnumber the hairs on his head (v.4). Why does being misunderstood

or falsely accused feel especially painful?

7. He notes he has to restore what he did not steal (v.4)—he is paying for wrongs he never committed.

8. Have you ever suffered consequences or blame for something you did not do? How did you respond?

9. David acknowledges his sins are known to God (v.5)—he does not claim to be perfect, yet he is suffering far beyond

what he deserves.

10. How does admitting your own shortcomings help you when you are suffering unfairly?

11. : He pleads that others will not be shamed because of him (v.6). What does this show about his care for God's people

and God's reputation?

12. He says "zeal for your house consumes me" (v.9)—his passion for God is part of why he is hated.

13. Have you ever faced opposition or mockery because of your faith or commitment to God? What happened?

14. : Even his own family treats him like a stranger (v.8). Rejection is not just from enemies but from those closest to him.

15. Why does hurt from family or friends feel deeper than hurt from strangers? How can you keep trusting God when those

closest to you turn away?

16. Verse 9 is quoted in the New Testament as pointing to Jesus: "Zeal for your house will consume me" and "they gave me

vinegar for my thirst" (v.21).

17. How does seeing Jesus in these verses change how you read David's suffering? What does it tell you about what Jesus

endured?

18. David's suffering includes humiliation—he is a byword to others, they sit and talk about him (v.11–12).

19. Have you ever felt like people were talking about you behind your back or making you the subject of gossip? How did

you bring that to God?

20. Despite the depth of his pain, David still turns to God: "But I pray to you, LORD, in the time of your favour" (v.13). He

does not walk away.

21. What does "the time of your favour" mean to him? Does he believe God can turn things around even when all seems

dark?

22. Are you comfortable being this honest and direct with God? Why might we sometimes hold back our true feelings?

23. The psalm ends with confident praise—“Let heaven and earth praise him” (v.34)—even before the rescue has fully happened.

24 How can you praise God while you are still in the middle of your struggle?

25 What difference does it make to trust before you see the answer?