

Lament Vindication

7
VII

Psalms of David · Book I

"A Shiggaion of David, which he sang to Yahweh concerning the words of Cush the Benjaminite"

PICTURE WORD

Lion

IN ONE SENTENCE

*unted like prey by a lion, David takes refuge in the righteous God who judges and defends the upright.***Remember it:** Psalm Seven: when the lion hunts, run to the righteous Judge.

MEMORY VERSE

O Yahweh my God
 in You I take refuge
 save me from all who pursue me
 and deliver me

Psalm 7:1 · the author's translation

HEBREW WORD

חֲסִיתִי

"I take refuge" · verse 1

In the Psalms: 25 times, in 20 psalms

חֲסִיתִי, "I take refuge," comes from a verb meaning to seek shelter, to hide oneself in a safe place. The Psalms use it for running to God as a chick hides under its mother's wings. David does not hide in a cave or fortress but in God himself.

HOW THE PSALM MOVES

- 1–2** David takes refuge in God from pursuers like a lion.
- 3–5** He declares his innocence and invites judgment if guilty.
- 6–11** He calls the righteous Judge to rise and defend the upright.
- 12–16** The wicked fall into the pit they dug.
- 17** David thanks and praises the LORD Most High.

MY NOTES

**Listen.** Hear Psalm 7 sung in the **Psalm Song** app, or free at ispress.de/psalms/7.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Refuge in Trouble

Justice on the Wicked

FILL IN THE BLANKS

Hunted like prey by a _____, David takes _____ in the righteous God who _____ and defends the upright.

CHECK YOURSELF

1. What does David fear his pursuers will do to his soul?

(A) Tear it like a lion

(B) Sell it as a slave

(C) Lock it in prison

(D) Drown it in a river

2. What happens to the man who digs a hole?

(A) He finds treasure

(B) He escapes

(C) He falls into the pit he made

(D) He hides his enemies

3. Where does David say his shield is?

(A) In the king's armory

(B) With God

(C) In his own hand

(D) Among his friends

TALK IT OVER

1. What does David ask God to do if he really is guilty (vv. 3-5)?

2. Why is it good news that God is a righteous judge?

3. How have you seen someone's own trouble "return to his own head"?

IN YOUR OWN WORDS: WHAT DOES PSALM 7 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 1 by heart

☐ I know the picture word

Answers: Blanks: lion · refuge · judges · Check yourself: 1. A (v. 2) · 2. C (v. 15) · 3. B (v. 10)