

Lament Turning

Psalms of David · Book I

"By David."

IN ONE SENTENCE



David cries to the LORD his rock for help, then praises him as strength and shepherd of his people.

Remember it: Twenty-eight: hands raised high, and the Rock has heard my cry.

MEMORY VERSE

Yahweh is my strength and my shield. My heart has trusted in him, and I am helped. Therefore my heart greatly rejoices. With my song I will thank him.

Psalm 28:7 · World English Bible

HEBREW WORD

שָׁמַע

"he has heard" · verse 6

In the Psalms: 79 times, in 54 psalms

שָׁמַע means "he has heard." The Hebrew verb means more than sound reaching the ear; it means paying attention and acting, and for people it can mean "obey," as in the great call of Deuteronomy 6:4. David's whole prayer turns on that one verb.

HOW THE PSALM MOVES

- 1-2 David calls on his rock not to stay silent.
- 3-5 He asks not to share the fate of the wicked.
- 6-7 He blesses the LORD for hearing his prayer.
- 8-9 He prays for God to shepherd and carry his people.

MY NOTES



Listen. Hear Psalm 28 sung in the **Psalm Song** app, or free at ispress.de/psalms/28.

Cantillated. Sung: chanted back and forth between a leader and the people.

Crying Out in Distress

Praise & Thanksgiving

FILL IN THE BLANKS

David cries to the LORD his _____ for help, then praises him as
_____ and _____ of his people.

CHECK YOURSELF

1. Toward what does David lift his hands?

(A) The mountains

(B) The sky

(C) The LORD's Most Holy Place

(D) The king's palace

2. What do the workers of iniquity speak with their neighbors?

(A) Peace

(B) Curses

(C) Riddles

(D) Songs

3. What does David ask God to be for his people?

(A) Their judge

(B) Their shepherd

(C) Their builder

(D) Their singer

TALK IT OVER

1. How does David's tone change between verses 1 to 5 and verses 6 to 9?

2. What does it mean to call the LORD a rock who is not deaf?

3. How can you pray for your church or community as David prays for God's people?

IN YOUR OWN WORDS: WHAT DOES PSALM 28 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 7 by heart

☐ I know the picture word

Answers: Blanks: rock · strength · shepherd · Check yourself: 1. C (v. 2) · 2. A (v. 3) · 3. B (v. 9)