PSALM

54

LIV

Lament Turning

Psalms of David · Book II

"For the Chief Musician. On stringed instruments. A contemplation by David, when the Ziphites came and said to Saul, "Isn't David hiding himself among us?""

PICTURE WORD

Helper

IN ONE SENTENCE

etrayed by strangers who seek his life, David cries to God, who is his helper and upholds him, and he offers thanks.

Remember it: Fifty-four: when strangers rise, my Helper holds my soul.

MEMORY VERSE

Behold, God is my helper. The Lord is the one who sustains my soul.

Psalm 54:4 · World English Bible

HEBREW WORD

עֹזֵר

"helper" · verse 4

In the Psalms: seventeen times, in 14 psalms

עֹזֵר means "helper," from a root meaning "to help, come to the aid of." The same root names the woman as a fitting help in Genesis 2. In the Psalms the word is usually used of God himself. A helper is not a junior partner but the one who supplies what is missing.

HOW THE PSALM MOVES

1–3	David pleads for rescue from violent strangers.
4–5	God is his helper who sustains him and repays evil.
6–7	He offers a freewill sacrifice and thanks for deliverance.

MY NOTES

Listen. Hear Psalm 54 sung in the **Psalm Song** app, or free at **ispress.de/psalms/54**.

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

Refuge in Trouble · Enemies & Betrayal · Praise & Thanksgiving

FILL IN THE BLANKS

_____ by _____ who seek his life, David cries to God, who is his _____ and upholds him, and he offers thanks.

CHECK YOURSELF

1. Who has risen up against David?

- (A) His own sons
- (B) Philistine giants
- (C) Strangers and violent men
- (D) The priests

2. What does David call God in verse 4?

- (A) My shepherd
- (B) My shield
- (C) My judge
- (D) My helper

3. What kind of offering does David promise?

- (A) A freewill offering
- (B) A sin offering
- (C) A grain offering
- (D) A drink offering

TALK IT OVER

1. What do the attackers fail to do, according to verse 3?

2. David asks God to save him "by your name." What does God's name tell us about his character?

3. Who in your life needs to hear that God is their helper right now?

IN YOUR OWN WORDS: WHAT DOES PSALM 54 TEACH?

- ☐ I listened to the song
- ☐ I can say verse 4 by heart
- ☐ I can say what it teaches
- ☐ I know the picture word

Answers Blanks: Betrayed · strangers · helper · Check yourself: 1. C (v. 3) · 2. D (v. 4) · 3. A (v. 6)