PSALM

57

LVII

Refrain Praise

Psalms of David · Book II

"For the Chief Musician. To the tune of "Do Not Destroy." A poem by David, when he fled from Saul, in the cave."

PICTURE WORD

Cave

IN ONE SENTENCE

iding in a cave, David takes refuge in the shadow of God's wings, and his steadfast heart sings praise to the nations.

Remember it: Fifty-seven: in the cave, under God's wings, I will wake the dawn.

MEMORY VERSE

Be merciful to me, God, be merciful to me, for my soul takes refuge in you. Yes, in the shadow of your wings, I will take refuge, until disaster has passed.

Psalm 57:1 · World English Bible

HEBREW WORD

כְּנָפֶיךָ

"wings" · verse 1

In the Psalms: twelve times, in 12 psalms

כָּנָף means "wing," and it can also mean the edge or hem of a garment, as when Ruth asks Boaz to spread his wing over her. "The shadow of your wings" pictures a mother bird covering her young. David is in a cave, but his true shelter is closer than rock.

HOW THE PSALM MOVES

1–3	David takes refuge in the shadow of God's wings.
4–6	Among lions and nets, his enemies fall into their own pit.
7–11	With a steadfast heart, he wakes the dawn with praise.

MY NOTES

Listen. Hear Psalm 57 sung in the **Psalm Song** app, or free at **ispress.de/psalms/57**.

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

Refuge in Trouble · Praise & Thanksgiving

FILL IN THE BLANKS

Hiding in a _____, David takes refuge in the shadow of God's _____,

and his _____ heart sings praise to the nations.

CHECK YOURSELF

1. Where does David take refuge until disaster has passed?

- (A) In the shadow of God's wings
- (B) Behind the city gate
- (C) In the king's tent
- (D) Under the altar

2. What are his enemies' teeth compared to?

- (A) Sharp stones
- (B) Iron nails
- (C) Spears and arrows
- (D) Lion's claws

3. What does David say he will wake up?

- (A) The sleeping city
- (B) The dawn
- (C) The priests
- (D) His soldiers

TALK IT OVER

1. What happens to the people who dig a pit for David?

2. The refrain asks God to be exalted above the heavens. Why does David pray this from a cave?

3. What helps your heart stay steadfast when you are surrounded by trouble?

IN YOUR OWN WORDS: WHAT DOES PSALM 57 TEACH?

- ☐ I listened to the song
- ☐ I can say verse 1 by heart
- ☐ I can say what it teaches
- ☐ I know the picture word

Answers Blanks: cave · wings · steadfast · Check yourself: 1. A (v. 1) · 2. C (v. 4) · 3. B (v. 8)