

Individual Lament

Psalms of David · Book V

"For the Chief Musician. A Psalm by David."

IN ONE SENTENCE

*Surrounded by violent, slanderous enemies, I ask the LORD to protect me, trusting that he defends the afflicted and needy.***Remember it:** One forty: viper tongues strike, but the LORD covers my head.

MEMORY VERSE

I know that Yahweh will maintain the cause
of the afflicted, and justice for the needy.

Psalm 140:12 · World English Bible

HEBREW WORD

עֲכָשׁוּב

"viper" · verse 3

In the Psalms: once

עֲכָשׁוּב means "viper" and appears only here in the Old Testament. Paul quotes this line in Romans 3:13 to show that sin poisons human speech. The enemies here wound with words, so the danger David faces comes through tongues as much as through weapons.

HOW THE PSALM MOVES

- 1-5 A plea for rescue from violent men with viper tongues
- 6-8 "You are my God"; the LORD covers my head in battle
- 9-11 Let the wicked fall into their own mischief
- 12-13 Confidence that the LORD defends the afflicted and needy

IN THE NEW TESTAMENT

v. 3 → **Romans 3:13** The poison of vipers is under their lips.

MY NOTES

**Listen.** Hear Psalm 140 sung in the **Psalm Song** app, or free at ispress.de/psalms/140.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Refuge in Trouble

Enemies & Betrayal

Justice on the Wicked

FILL IN THE BLANKS

Surrounded by _____, slanderous enemies, I ask the LORD to _____
me, trusting that he defends the afflicted and _____.

CHECK YOURSELF

1. What is under the enemies' lips?

☐ (A) Honey

☐ (B) A sharp sword

☐ (C) Viper's poison

☐ (D) Smoke

2. What did the proud hide for the psalmist?

☐ (A) A treasure

☐ (B) A letter

☐ (C) A sword

☐ (D) A snare

3. On the day of battle, the LORD covered the psalmist's...

☐ (A) head

☐ (B) shield

☐ (C) eyes

☐ (D) feet

TALK IT OVER

1. How do the enemies attack, and what does David ask the LORD to do?

2. What does verse 12 show about whose side the LORD takes?

3. How can words today act like poison, and how should believers respond?

IN YOUR OWN WORDS: WHAT DOES PSALM 140 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 12 by heart

☐ I know the picture word

Answers: Blanks: violent · protect · needy · Check yourself: 1. C (v. 3) · 2. D (v. 5) · 3. A (v. 7)