

## PRAYING PSALM 59

“Deliver me from my enemies, O my God; Defend me from those who rise up against me” (Psalm 59:1).

This psalm originated in I Samuel 19:11-18 when Michal helped David escape from Saul’s men. 1. A PLEA FOR GOD’S DELIVERANCE (1-15). Deliver me. Defend me. Save me. Help me. Laugh at them. Scatter them. Consume them in wrath. 2. A PRAISE FOR GOD’S DEFENSE (16-17). I will sing of your power. I will sing of your mercy. I will sing praises.

Do you ever sing when you pray? David did. Actually, the Book of Psalms was the Hebrew hymnal. They would sing prayers to God. I have done this, but not as often as I should. When you think of it, singing makes sense. It brings joy and enthusiasm to our praise. In the psalm David went from pleading to praising in a heartbeat. Singing soothes and satisfies like words alone can’t do. Take poetry and put it to song and you have psalms. When you feel overwhelmed by your circumstances turn on a worship song and start singing. See what a difference it makes.