vv. 1-4	Faith's cry for help
vv. 5-8	A testimony of experience
vv. 8-13	Pleading against foes
vv. 14-16	Rejoicing in hope
vv. 17-18	Returning to prayer
vv. 19-21	Repeats the confident hope which cheered his soul
vv. 22-24	Closes with the promise of abounding in thanksgiving

"Throughout, this Psalm may be regarded as the utterance of struggling, but unstaggering, faith." -Charles Spurgeon

vv. 1-4 Faith's cry for help

¹⁴ But I will hope continually and will praise you more and more.
¹⁵ My mouth will tell about your righteousness and your salvation all day long, though I cannot sum them up.
¹⁶ I come because of the mighty acts of the Lord God; I will proclaim your righteousness, yours alone.

vv. 5-8 A testimony of experience

⁵ For you are my hope, Lord God, my confidence from my youth.
⁶ I have leaned on you from birth; you took me from my mother's womb. My praise is always about you.
⁷ I am like a miraculous sign to many, and you are my strong refuge.
⁸ My mouth is full of praise and honor to you all day long.

tiqvâh, tik-vaw';

17 The men said to her, "We will be free from this oath you made us swear, 18 unless, when we enter the land, you tie this scarlet **cord** to the window through which you let us down. Bring your father, mother, brothers, and all your father's family into your house. 19 If anyone goes out the doors of your house, his death will be his own fault, and we will be innocent. But if anyone with you in the house should be harmed, his death will be our fault. 20 And if you report our mission, we are free from the oath you made us swear."

21 "Let it be as you say," she replied, and she sent them away. After they had gone, she tied the scarlet **cord** to the window. Joshua 2:17-21

vv. 9-13 Pleading against foes

⁹ Don't discard me in my old age.

As my strength fails, do not abandon me.

¹⁰ For my enemies talk about me,
and those who spy on me plot together,

¹¹ saying, "God has abandoned him;
chase him and catch him,
for there is no one to rescue him."

¹² God, do not be far from me;
my God, hurry to help me.

¹³ May my adversaries be disgraced and destroyed;
may those who intend to harm me
be covered with disgrace and humiliation.

Vv.14-16 Rejoicing in hope

and will praise you more and more.

¹⁵ My mouth will tell about your righteousness and your salvation all day long, though I cannot sum them up.

¹⁶ I come because of the mighty acts of the Lord God; I will proclaim your righteousness, yours alone.

"I shall expect deliverance after deliverance, and blessing after blessing; and, in consequence, I will praise thee more and more. As thy blessings abound, so shall my praises."

Adam Clarke

"A dying hope would bring forth declining songs; as the expectations grew more dim, so would the music become more faint; but a hope immortal and eternal, flaming forth each day with intenser brightness, brings forth a song of praise which, as it shall always continue to arise, so shall it always gather new force."

Vv.17-18 Returning to prayer

¹⁷ God, you have taught me from my youth, and I still proclaim your wondrous works.
¹⁸ Even while I am old and gray,
God, do not abandon me,
while I proclaim your power
to another generation,
your strength to all who are to come.

Vv.19-21 Repeats the confident hope which cheered his soul

19 Your righteousness reaches the heights, God, you who have done great things;
God, who is like you?
20 You caused me to experience many troubles and misfortunes, but you will revive me again.
You will bring me up again, even from the depths of the earth.
21 You will increase my honor and comfort me once again.

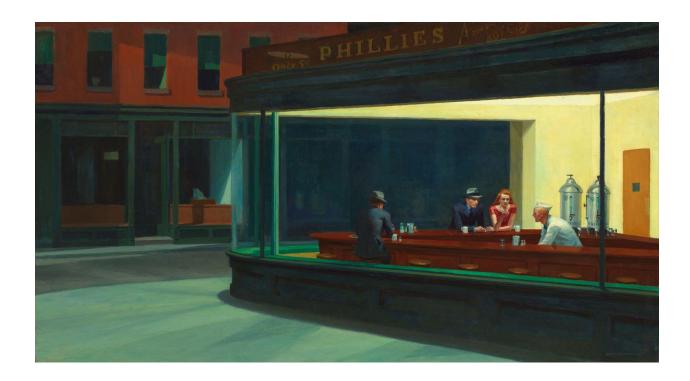
Vv.22-24 Closes with the promise of abounding in thanksgiving

²² Therefore, I will praise you with a harp for your faithfulness, my God;
I will sing to you with a lyre,
Holy One of Israel.
²³ My lips will shout for joy
when I sing praise to you
because you have redeemed me.
²⁴ Therefore, my tongue will proclaim
your righteousness all day long,
for those who intend to harm me
will be disgraced and confounded.

6 Humble yourselves, therefore, under the mighty hand of God, so that he may exalt you at the proper time, 7 casting all your cares on him, because he cares about you. 8 Be sober-minded, be alert. Your adversary the devil is prowling around like a roaring lion, looking for anyone he can devour. 9 Resist him, firm in the faith, knowing that the same kind of sufferings are being experienced by your fellow believers throughout the world.

1 Peter 5:6-9









Resurrection Essential to the Faith

12 Now if Christ is proclaimed as raised from the dead, how can some of you say, "There is no resurrection of the dead"? 13 If there is no resurrection of the dead, then not even Christ has been raised; 14 and if Christ has not been raised, then our proclamation is in vain, and so is your faith. 15 Moreover, we are found to be false witnesses about God, because we have testified wrongly about God that he raised up Christ—whom he did not raise up, if in fact the dead are not raised. 16 For if the dead are not raised, not even Christ has been raised. 17 And if Christ has not been raised, your faith is worthless; you are still in your sins. 18 Those, then, who have fallen asleep in Christ have also perished. 19 If we have put our hope in Christ for this life only, we should be pitied more than anyone.

20 But as it is, Christ has been raised from the dead, the firstfruits of those who have fallen asleep. **21** For since death came through a man, the resurrection of the dead also comes through a man. **22** For just as in Adam all die, so also in Christ all will be made



