

# *Ponderings in the Psalms*

---

The following is a Messianic Study on

## *Psalm 28*

By Paul Cohen, Messianic Bible Teacher.  
Brit Chadashah (Sydney)  
[www.BCSydney.com](http://www.BCSydney.com)



**Brit Chadashah**  
ברית חדשה

The *Pondering* studies were published in the Brit Chadashah Newsletter. Brit Chadashah (*New Covenant*) is a Messianic Fellowship in Sydney. Led by Paul Cohen a Jewish believer in Messiah Yeshua (Jesus). We meet together fortnightly for Bible studies from a Messianic Jewish Perspective. We are a unique fellowship made up of Jewish and Gentile people who are believers in Yeshua as the promised Messiah of Israel.

If you don't know Yeshua as your Messiah, we encourage you to search out the Scriptures for yourself. God promised in the book of Jeremiah, "*You will seek Me and find Me when you search for Me with all your heart*" (Jeremiah 29:13). And we hope you will make contact with us so that we can share more about the Messiah, His life and ministry.

Brit Chadashah is part of Celebrate Messiah (Australia). Celebrate Messiah's desire is to bring the Good News message of Messiah to the Original Messengers and to see God's Chosen People fully restored through faith in Yeshua the Messiah. Celebrate Messiah was founded in 1995 by Lawrence and Louise Hirsch. Lawrence is a Jewish believer in Yeshua. <http://www.CelebrateMessiah.com.au>.

Brit Chadashah is committed to building the Messianic Community of Jews and Gentiles who are a living testimony for Yeshua the Messiah. By donating to Brit Chadashah, you are partnering with us to do the work of "Reaching the Original Messengers". The funds will be used in outreach to Jewish people as well as in educating Christians in effective ways to reach out.

To Support the Ministry of Brit Chadashah or Paul please go to <https://www.celebratemessiah.com.au/donate/>

All "Scripture quotations taken from the (NASB®) New American Standard Bible®, Copyright © 2020 by The Lockman Foundation. Used by permission. All rights reserved. [www.lockman.org](http://www.lockman.org)" unless otherwise indicated.

For more information on Brit Chadashah, the Sydney Messianic Fellowship: Please visit us on the Web [www.BCSydney.com](http://www.BCSydney.com)

© 2021 Brit Chadashah / Paul Cohen  
Brit Chadashah; P.O. Box 304; Caulfield South, VIC 3162, Australia  
Email: [bc@celebratemessiah.com.au](mailto:bc@celebratemessiah.com.au)  
Facebook <https://www.facebook.com/BritChadashah.Sydney>  
YouTube <https://tinyurl.com/BC-Video>

# Pondering Psalm 28

---

## Psalm 28

1 A Psalm of David. To You, O Lord, I call; My rock, do not be deaf to me, For if You are silent to me, I will become like those who go down to the pit. 2 Hear the voice of my supplications when I cry to You for help, When I lift up my hands toward Your holy sanctuary. 3 Do not drag me away with the wicked And with those who work iniquity, Who speak peace with their neighbors, While evil is in their hearts. 4 Requite them according to their work and according to the evil of their practices; Requite them according to the deeds of their hands; Repay them their recompense. 5 Because they do not regard the works of the Lord Nor the deeds of His hands, He will tear them down and not build them up.

6 Blessed be the Lord, Because He has heard the voice of my supplication. 7 The Lord is my strength and my shield; My heart trusts in Him, and I am helped; Therefore my heart exults, And with my song I shall thank Him. 8 The Lord is their strength, And He is a saving defense to His anointed. 9 Save Your people and bless Your inheritance; Be their shepherd also, and carry them forever.

## Summary:

David asks the Lord to rescue him from his enemies and concludes with praises to the Lord for hearing his prayer.

1. David's two fold request (Psalm 28:1-5):
  - David calls out for the Lord to have mercy on him and help him (Psalm 28:1-2)
  - David asks the Lord to hold him innocent but to punish the wicked; for they do not regard the works of the Lord (Psalm 28:3-5).
2. David praises the Lord for hearing his prayer and calls upon the Lord to bless his people (Psalm 28:6-9).

## Psalm 28 Commentary

### Author and type

A Psalm of David, a prayer for justice with thanksgiving. As it is written by David, we can say it was composed about 1000 BCE. We are unable to connect it to a specific incident in David's life, however it may have been during the attempts on his life by King Saul, or much later during the troubled times with his son Absalom. Another possibility is when David was expelled from the Philistines in 1 Samuel 29.

### David's two fold request (Psalm 28:1-5)

**a. David calls out for the Lord to have mercy on him and help him (Psalm 28:1-2).** David starts off "*to You I call.*" The appeal that follows is not to strange gods or rulers but to the LORD. There is a persistence in prayer in David life, he keeps on calling to God. The LORD is then described as "*my Rock*" (צִיּוֹן *tzur*). This was a title David had used before in

Psalm 18:2. The word here is descriptive of the strength and faithfulness of the LORD (see Deuteronomy 32:4, 15, 18 & 30-31), for He is the Rock of our Salvation, indicating it is His strength and faithfulness that had kept David. And in verse 8 David declares the LORD to be the strength and saviour of his people.

What follows is the request, be not deaf and be not silent, be not like the gods of the nations who are made of wood and stone (Deuteronomy 4:28), who cannot hear nor give an answer. David also might have asked the LORD not to give him the silent treatment, as He was doing to King Saul (1 Samuel 28:6-7). The doubling (be not silent and be not deaf) speak loudly for if You are silent, I will go down into silence, that is the pit (Psalm 30:9 & Isaiah 38:18).

David does not only pray with words (voice) but with his hands (Psalm 63:4; 2 Chronicles 6:13; 1 Timothy 2:8). Extending hands is a physical expression of confidence, indicating an expectation for the LORD to move from His holy Sanctuary to attend to the request.

**b. David asks the Lord to hold him innocent but to punish the wicked; for they do not regard the works of the Lord (Psalm 28:3-5).**

Many translations have “draw me not” but this is not strong enough, and is better translated as *drag* or *seize*, with the context of the worker of iniquity who do evil. We see the request - LORD let them be seized and dragged off to their deserved punishment, but let me not share their fate, repay them according to their deeds (2 Timothy 4:14).

**David praises the Lord for hearing his prayer and calls upon the Lord to bless His people (Psalm 28:6-9).**

In the first half of the psalm, we see a prayer, in the second half we see David turning to praise, starting with a proclamation: “Blessed be the LORD....” for he heard me. Either the LORD has responded, but more likely it is a faith declaration and the answer is still to come.

“The LORD my strength” (verse 7) echoes the words from Moses in Exodus 15:2, while the LORD is my shield echoes the words of Abraham in Genesis 15:1. Both passages are connected to a covenant, so based on this knowledge David says he has put his trust in the Lord God. Persistently in the psalms we see that the LORD is David’s help (27 times). It is clear that He has helped David before and now he is helped again, as such his heart *jumps* for joy, and from his mouth comes this song of thanksgiving.

Verse 8 has the plural “*The Lord is **their** strength.*” The Septuagint clarifies this with *His people*, not David alone (verse 7), but to all who follow the LORD. Those who stand in covenant with Him will be strengthened by Him. He is the stronghold to those who call upon His Name, to those who are saved. Interestingly we see in Hebrew מעוז ישועות (*maoz yeshu’ot*) *the strength of salvations*, the physical and spiritual deliverances for His anointed משיחו (*meshichu*). Most likely David is speaking about himself, asking the LORD to save him, and keep him from harm, which is similar to Psalm 20:6 “*Now I know that the Lord saves His anointed; He will answer him from His holy heaven With the saving strength of His right hand.*”

Finally, in verse 9 David prays: “*Save Your people, and bless Your inheritance; Be their shepherd also, and carry them forever.*” The Jewish people for whom he prays, are still God’s people, as such oh LORD, we echo this prayer, save *Your* people (Psalm 14:7; 2 Samuel 7:7). They are still *the LORD’s* inheritance (Deuteronomy 4:20, 9:29), as such we

echo oh LORD shepherd them (Psalm 23) and carry them (Exodus 19:4; Deuteronomy 32:11 & Isaiah 63:9) forever. Be their *strength of salvations*; both the physical and spiritual deliverances for His anointed ones.

Friends what I see David doing is true for us today. We should bring our prayers persistently to God, and cry out for mercy and grace. We should walk with the LORD and not the wicked, knowing that the LORD is our ongoing strength and our shield, so we can trust in Him despite the situation. We know that salvation belongs to the LORD, as such we bless the LORD and pray for His people, with thanksgiving.

*Selah*

*Blessings in Messiah*

*Paul & Sue*