

1 Samuel 21:10-15; Psalms 34 and 56

1 Samuel 21:10 – David sought refuge twice from Achish, the Philistine king of Gath. The second occasion was when David's heart failed him, and he said, "Now I will perish one day by the hand of Saul. There is nothing better for me than to escape into the land of the Philistines. Saul then will despair of searching for me anymore in all the territory of Israel, and I will escape from his hand" – 1 Samuel 27:1.

Gath was one of the five royal cities of the Philistines to which Goliath belonged. It is not mentioned as having been given to any of the tribes in the time of Joshua. It was to this city that the ark was carried when taken in war – 1 Samuel 5:8. When David became King, he conquered the city.

Psalm 34

1 – David most likely wrote this psalm immediately after the incident when he was in the cave at Adullam.

"Achish" from Samuel is called "Abimelech" here in Psalms. "Abimelech" was a title rather than a proper name of the Philistine kings, as Pharaoh was for the kings of Egypt and Caesar for the Romans.

The madness feigned by David was inspired by Yahweh according to this psalm.

Yahweh's name plus pronouns of it are used 23 times in this short psalm and clearly emphasize David's focus in his time of adversary.

Psalm 34:1-3 – "Bless," "praise," "boast," and "magnify" convey the same truth. When God works in our hearts, we overflow with praise.

Isaiah 61:1-3 – Jesus came so we can enjoy the garment of praise for the spirit of heaviness or discouragement. We accept his accomplishment by faith and focus.

Isaiah 61:3 (KJV) "To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the LORD, that he might be glorified."

Isaiah 61:3 (NET) "to strengthen those who mourn in Zion, by giving them a turban, instead of ashes, oil symbolizing joy, instead of mourning, a garment symbolizing praise, instead of discouragement. They will be called oaks of righteousness, trees planted by the LORD to reveal his splendor."

Ephesians 5:20; 1 Thessalonians 5:18 – Adversity's temptation is the devastation of sorrow, discouragement, fear.... Gratitude and praise provide a godly escape. The hardships we face worsen when negative emotions overwhelm. With God's help, we do not allow our minds to drift.

Sometimes we must suffer pain, but we need never compound our problems with emotions of anger, hate, bitterness, revenge, self-pity....

Psalm 34:4-6 – David did not have the luxury for the “why me!” He focused his mind and asked God for help. He did not allow the fear to flabbergast him.

3:4; 18:6; 22:4, 5, 24; 31:22; 34:17 and 18; 77:1; and 116:1-9; 1 John 5:14

Psalm 34:7 – Yahweh’s angels fight for us - Psalm 91:11-16; 2 Kings 6:15-17; 19:35; Acts 5:17-19; 12:7-11; and 27:22-25. We have more than angels, for Christ is within us.

34:10 – Remember David is hiding in a cave, running for his life, yet he speaks these words. James 1:1-5 - God can eliminate the negative wants when He is sought.

13 – Considering David’s circumstances, speaking evil of his adversaries could have come easily. Synchronized confession impacts faith, and negative confession also informs the devil of what dwells in our minds.

Psalms 39:1; 141:3; Proverbs 13:3; 18:21; 21:23; James 1:26 – While enduring adversity, counseling with a spiritually-minded person can be very helpful; while complaining to others can be destructive. Articulation of our thoughts can bring clarity and reinforce or root the concepts deeper into our minds.

14 – 1 Peter 3:8-16 Do we want a good long life?

Romans 12:18; 14:19; Hebrews 12:14 – Pursue and seek peace when attacked; find peace in Yahweh for He is our refuge, stronghold....

17 – Psalms 91:15 and 145:17-21

20 – John 19:36 – We again are reminded that David is a type for the Messiah Jesus.

22 – We live in a warzone with evil and adversity (some of which are unchangeable), but no matter the circumstances, we have God and all the blessings He provides within us now and in the Kingdom to come. The Devil cannot steal what dwells within our hearts. See below The Serenity Prayer written by Reinhold Niebuhr (1892–1971).

God grant me the serenity
To accept the things I cannot change;
Courage to change the things I can;
And wisdom to know the difference.

Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world
As it is, not as I would have it;
Trusting that He will make all things right
If I surrender to His will;
So that I may be reasonably happy in this life
And supremely happy with Him
Forever and ever in the next.
Amen.

Psalm 56

4 – Psalms 118:6; 27:1; Hebrews 13:6 – He neither feeds his fear nor stares at his problems but looks to his redeemer who will deliver him.

8 – “The woman in Luke 7:38 washed Jesus’ feet with tears from a tear bottle. The Eastern people kept tear bottles in their homes. Anytime the person cries or sheds tears for a spiritual reason, he or she collects the tears in a bottle to preserve them. When the person dies, this bottle is buried with him. They believed that every tear shed for the glory of God will give them a reward. To be buried without a tear bottle was considered a disgrace.” Bishop KC Pillai

9 – God is for me - Psalm 118:6 and 7; Romans 8:31

13 – 116:8 and 9