

Dear Heavenly Father,

Praise

David said, “Be merciful to me, O God, be merciful to me, for in you my soul takes refuge; in the shadow of your wings I will take refuge, till the storms of destruction pass by” (Ps 57:1). I praise you today as the God who is my refuge in times of trial and distress. You help and encourage me, and I choose to rejoice in you in spite of my circumstances. “I will give thanks to your name, O LORD, for it is good” (Ps 54:6).

Today in Your Word

Today you told me how Saul slaughtered the priests of Nob and how David evaded Saul’s efforts to capture him. After his escape from Gath, David hid in the cave of Adullam. Those who were in distress, in debt or were discontent joined him, and he became captain of about 400 men. David poured out his heart to you at Adullam and told you how overwhelmed he felt (Ps 142:1–3). This teaches me to bring my feelings of grief, anger and discouragement to you in prayer. Saul soon got word that people were allying with David, and he accused his servants of betraying him (1 Sam 22:6–8). Doeg, seeing an opportunity to curry favor with Saul, told him that Ahimelech had helped David in Nob. Saul sent for Ahimelech, ignored his protest of innocence, and ordered all the priests to be executed. Saul’s servants refused, but Doeg was only too pleased to obey. When Abiathar escaped and told David, David was heartsick and angry. To comfort himself, he wrote a song that contrasted the folly of evil with the wisdom of godliness (Ps 52:1–9). This psalm teaches me that it’s appropriate to call for your judgment on the wicked and to take satisfaction in the fact that righteousness will triumph over evil (Ps 52:5–7). David continued to evade Saul and even managed to save Keilah from the Philistines. Sadly, his only thanks was treachery and betrayal. When the Ziphites alerted Saul to David’s presence among them, David asked you for vindication and vengeance (Ps 54:1, 5). This teaches me to make room for your wrath. You will exalt those who wait on you!

Reflection

Saul was so bent on destroying David that he saw an opportunity to kill him as coming from you (1 Sam 23:7)! I should take warning, for when I want something badly enough, it’s easy to start interpreting circumstances to suit my own desires rather than your will.

Request

Father, “Be gracious to me, for I take refuge in you” (Ps 57:1). Help me to rely on your loving-kindness during the storms and trials of life.

Thanksgiving

“I will give thanks to your name, O LORD, for it is good.” You have “delivered me from every trouble, and my eye has looked in triumph on my enemies” (Ps 54:6b–7).

In Jesus’ name, Amen.

Suggested Hymn: “[Abide with Me](#)” – Henry F. Lyte.

Meditation Verse: Psalm 57:11.