

Finding Yourself in the Psalms
Psalm 69
A Psalm of Deliverance

Only Psalm 22 is quoted more in the NT

David is crying out to God.

Psalm of Lament

Messianic Psalm. Portions apply to Jesus, some apply to the Psalmist

Jesus is the greatest example of one who suffered while doing no wrong. “This psalm is topological of Christ. He is the epitome of the righteous who are persecuted for their zeal in doing God’s will.” (Ross, BKC)

I. The Righteous Cry Out to God for Deliverance. 69:1-5

A. Many enemies

B. V. 4 “injustice”

C. Psalm 34:17 "The righteous cry out, and the Lord hears them; he delivers them from all their troubles."

D. Psalm 62:1 "My soul finds rest in God alone; my salvation comes from him."

E. **JESUS: Hebrews 5:7 "During the days of Jesus' life on earth, he offered up prayers and petitions with loud cries and tears to the one who could save him from death, and he was heard because of his reverent submission."**

II. The Righteous Stand Before God in Integrity. 69:6-18

A. Read.

B. “His own relatives hated him even though he had zeal for the Lord (8-9)” (Ross, BKC.)

C. Is Your life holy enough to bring a rebuke to someone living in sin?

1. 2 Cor 2:15-16 “for we are to God, the AROMA of Christ. . .”

2. 1 Peter 2:12 "Live such good lives among the pagans that, though they accuse you of doing wrong, they may see your good deeds and glorify God on the day he visits us."

D. Integrity. "What is integrity? The Oxford-English Dictionary says that the word comes from the Latin intergritas which means wholeness, entireness, completeness. The root word is integer which meant untouched, intact or entire. Warren Wiersbe, in *The Integrity Crisis* says that integrity is to personal or corporate character what health is to the body or 20-20 vision is to the eyes. A person with integrity is not divided (that's duplicity) or merely pretending (that's hypocrisy). He or she is whole life is "put-together" and things are working together harmoniously. People with integrity have nothing to hide and nothing to fear. Their lives are open books" Gil Peterson

E. "A man of integrity has nothing to hide. He has nothing to fear. He has nothing to prove. And he has nothing to lose except his wholeness and honesty.
Howard Hendricks

F. **JESUS. Heb 4:15; 7:26**

III. **The Righteous Look to God for Justice. 69:19-29**

A. Read.

B. **Jesus. 1 Peter 2:22-23**

IV. **The Righteous Rejoice in God's Deliverance.**

A. V. 33

B. **Jesus:** Hebrews 12:2 "Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God."

Cry Out to God. Luke 18:1-8. Luke 18:7 "And will not God bring about justice for his chosen ones, *who cry out to him day and night?* Will he keep putting them off?"

Stand before Him in Integrity

Look to God for Justice

Rejoice in His salvation