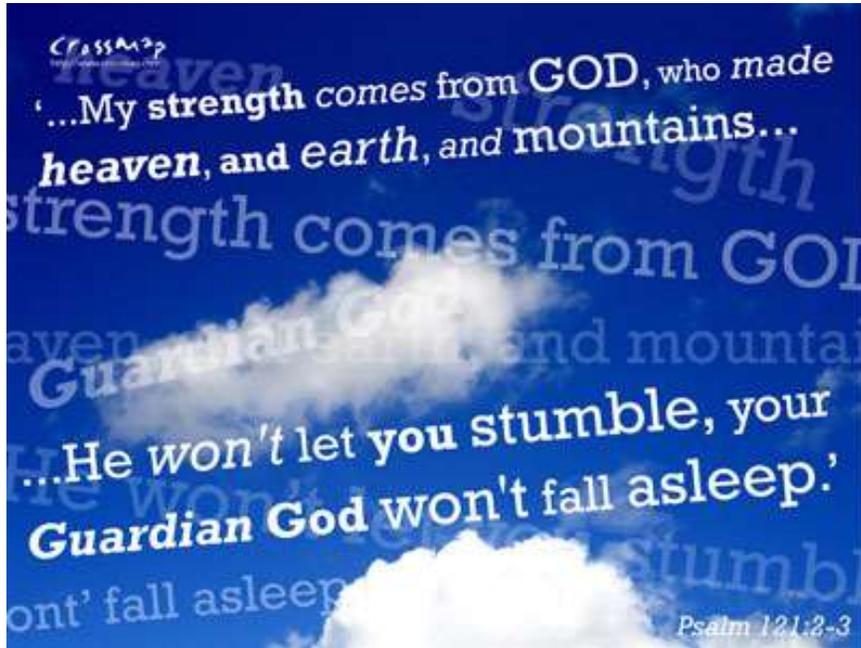


## Meditation on Psalm 54

By Bev Kilts



In reading through the Psalms we find that many of them start with petitions, some with confession and then move on to praise and adoration. The writers are not afraid to approach God honestly expressing their needs and then because of their faith turn to thankfulness and praise. They know the God to whom they are praying.

In Psalm 54, David is literally fighting for his life. He is surrounded by his enemies and calls upon God in all His power to save him. In verse 3 we read, “violent men...have sought my life.” (NASB). Some are from other lands, strangers to him with no obvious reason to want David dead (they were strangers to God as well) and then there are his own countrymen with the tyrant Saul leading the way. His countrymen have betrayed him and are determined to utterly destroy him.

It is at the end of this statement that we come to a pause – many versions use the word “selah”, some “interlude”. While commentaries differ as to the meaning of “selah”, many translate it to mean to weigh or to measure – to carefully pause and thoughtfully reflect upon what is being said. And it is here that David pauses – perhaps exhausted by his frustrations, his desper-

tion – perhaps thinking, “enough of this; I’ve been immersed in this situation for so long; I’m tired.” ...Been there?...I don’t know how to do this anymore, Lord, help me.

And look where David’s pause takes him. In verse 4 David exclaims, “Behold, God is my Helper” (NASB) “Behold” – there is such force in this word. Do you hear the joy? It’s as if he is pointing his finger heavenward to the God who was ever at his side. Here is a fugitive in expectation of being destroyed at any moment and he is rejoicing in the certain hope that God is in control. He remembers that God is his “sustainer”; that God has “delivered” him in the past. He is confident, he is sure of his relationship with his Father. He starts in verse one seeking deliverance and ends in verses 6 & 7 with praise and thanksgiving (remember, he’s still in hiding). Notice the term “willingly” – not sacrificing because the law says to, but willingly and joyfully offering thanks “because it is good”.

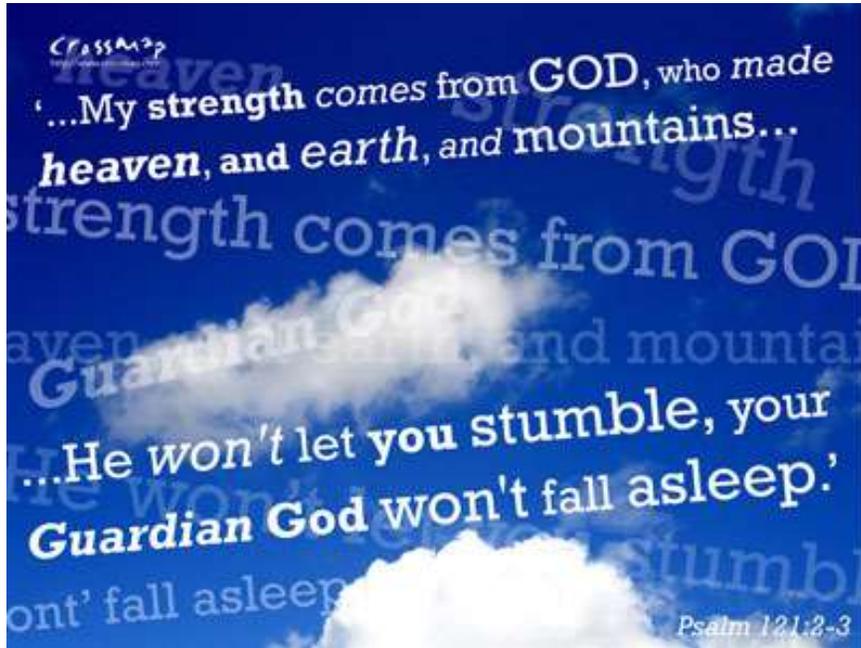
Like David we need to pause at times and think our way through whatever is going on in our lives at the time and remember that God is with us – He has promised. We can look back on our own lives and see His hand of blessing in every situation whether joyful or dark. So many in this world never get beyond voicing frustrations, dwelling on sufferings, loss. We wish we could solve their problems for them, but only God can do that and only they can determine to pause and reach out to Him. We must pray for them and then pray for the patience to wait upon God’s perfect time. That’s hard.

Psalm 37 says, “The steps of a good man are ordered of the Lord.” I have a note in the margin of my Bible: “and the stops also”. Take time to pause.



## Meditation on Psalm 54

By Bev Kilts



In reading through the Psalms we find that many of them start with petitions, some with confession and then move on to praise and adoration. The writers are not afraid to approach God honestly expressing their needs and then because of their faith turn to thankfulness and praise. They know the God to whom they are praying.

In Psalm 54, David is literally fighting for his life. He is surrounded by his enemies and calls upon God in all His power to save him. In verse 3 we read, “violent men...have sought my life.” (NASB). Some are from other lands, strangers to him with no obvious reason to want David dead (they were strangers to God as well) and then there are his own countrymen with the tyrant Saul leading the way. His countrymen have betrayed him and are determined to utterly destroy him.

It is at the end of this statement that we come to a pause – many versions use the word “selah”, some “interlude”. While commentaries differ as to the meaning of “selah”, many translate it to mean to weigh or to measure – to carefully pause and thoughtfully reflect upon what is being said. And it is here that David pauses – perhaps exhausted by his frustrations, his desper-

tion – perhaps thinking, “enough of this; I’ve been immersed in this situation for so long; I’m tired.” .....Been there?.... I don’t know how to do this anymore, Lord, help me.

And look where David’s pause takes him. In verse 4 David exclaims, “Behold, God is my Helper” (NASB) “Behold” – there is such force in this word. Do you hear the joy? It’s as if he is pointing his finger heavenward to the God who was ever at his side. Here is a fugitive in expectation of being destroyed at any moment and he is rejoicing in the certain hope that God is in control. He remembers that God is his “sustainer”; that God has “delivered” him in the past. He is confident, he is sure of his relationship with his Father. He starts in verse one seeking deliverance and ends in verses 6 & 7 with praise and thanksgiving (remember, he’s still in hiding). Notice the term “willingly” – not sacrificing because the law says to, but willingly and joyfully offering thanks “because it is good”.

Like David we need to pause at times and think our way through whatever is going on in our lives at the time and remember that God is with us – He has promised. We can look back on our own lives and see His hand of blessing in every situation whether joyful or dark. So many in this world never get beyond voicing frustrations, dwelling on sufferings, loss. We wish we could solve their problems for them, but only God can do that and only they can determine to pause and reach out to Him. We must pray for them and then pray for the patience to wait upon God’s perfect time. That’s hard.

Psalm 37 says, “The steps of a good man are ordered of the Lord.” I have a note in the margin of my Bible: “and the stops also”. Take time to pause.

