



Psalm 69

**“MAKE HASTE, O GOD, TO DELIVER ME;
MAKE HASTE TO HELP ME, O LORD”.**

A Spiritual exercise:

It is a good idea if you memorize this wonderful psalm to be able to recite it during lunch break, or in your way to school

+MAKE HASTE, O GOD, TO DELIVER ME; MAKE HASTE TO HELP ME, O LORD+

- And there happened to be a man whose name was Sheba, the son of Bichri, a Benjamite: who had a plot against King David. So every man of Israel went up from after David, and followed Sheba the son of Bichri: but the men of Judah clave unto their king, from Jordan even to Jerusalem [2 Samuel: 20]

- King David, as usual, raised his heart to the Lord reciting this wonderful Psalm, with great faith in his heart that the Lord will make haste to deliver him from all his troubles.

- Dear brothers and sisters, put it in your heart to ask for the Lord's help at all times especially when you need it: in times of fear, times of sickness, and times of trouble.

+ Let them be ashamed and confounded that seek after my soul: let them be turned backward, and put to confusion, that desire my hurt.

Let them be turned back for a reward of their shame that say, Aha, Aha+.

- Whenever our enemies try to hurt the children of God, the Lord Himself defends His children and saves them from any danger that comes close by. Those enemies will be ashamed and confounded, as was the case at the times of Nehemiah [Nehemiah 6:16]

+Let all those that seek thee rejoice and be glad in thee: and let such as love thy salvation say continually, Let God be magnified. +

- When you raise your heart asking the Lord for His help, there is no doubt, that He will answer you, and then you will rejoice due to His salvation and glorify His great Name.

- Did you raise your heart and ask the help from the Lord? How frequent you do this?

+But I am poor and needy+.

- When we have the feelings that we are weak, unworthy, have no human being to defend us, it is the time to ask help from the Lord. In this Psalm, the great powerful King David asks the Lord to defend him and save him from the danger that the enemies plotted against him.

+Make haste unto me, O God: thou art my help and my deliverer; O LORD, make no tarrying+.

- At the end, King David concludes this great psalm as he started it asking the Lord to haste to his salvation.