



Trust

LEARNING TO TRUST

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(Nahum 1:7)



Trust is the foundation of all positive, healthy relationships. Trust is the glue that holds people together through life's most difficult experiences. With this foundation, we can **endure almost anything; without it, every interaction and every decision is a threat.**

We exercise trust in virtually every interaction in our lives. We trust cars and airplanes with our lives; we trust banks with our money; we trust the restaurant with our health. We trust others as we share our secrets. We trust a spouse with our marriage. We trust God, even though we cannot see Him.

WHEN TRUST IS VIOLATED

Like a hammer shattering a porcelain vase, a relationship of trust can be shattered by physical, sexual, or emotional abuse. In fact, traumas like car accidents, severe injuries, or deaths in the family can also undermine a person's sense of security and trust. Less obvious, but just as devastating, are words of criticism and condemnation that wear a person's soul away like sandpaper. This erosion of trust might occur dozens of times a day—so often that it seems "normal." Trust is also eroded by the absence of love and attention.

People whose trust has been shattered or eroded feel desperate to find stability, so they try to control their lives in any way they can. Because these people do not build positive, trusting relationships, they feel empty and disillusioned. Three different types of problems can occur for these people:

1. *Blind trust*— Some try to control others by attempting to please them, doing whatever it takes to make others happy. They close their eyes to the reality of the hurt, anger, lies, and manipulation and end up

trusting untrustworthy people. Their goal is to obtain the love they crave.

2. *Aggressive distrust*—Some try to control by dominating. They cover their insecurity by yelling, cursing, and blaming, but they also use charm to get what they want. This combination of charm and venom puts other people off balance.

3. *Passive distrust*—Some try to avoid being hurt any more by keeping their distance from people. They give up on relationships altogether, concluding that it is too painful and too hopeless to even try to relate to others.

LEARNING TO TRUST

Even those with very painful pasts can learn to trust again. This is done by learning *perceptive trust*. Those who have insight and wisdom know that not everybody is trustworthy, and that trust must be earned by consistent, honorable, ethical behavior. To have perceptive trust is to live in the reality—often the harsh reality—that people we love will let us down. To have perceptive trust is to know, however, that God will never let us down.

Following are some suggestions for learning to trust perceptively:

Identify Patterns of Distrust

People must be honest about the pain of the past and the damage it has caused. The patterns of hiding from people, dominating them, or pleasing them at all costs exist because people are desperate to find some meaning and safety in their lives. Ul-

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timately, such behavior only hurts them more. Repentance is a vital part of the Christian experience and involves being honest about wrong perceptions and destructive behaviors. Repentance enables them to choose what is good and right.

Gain a New Perception of God

People's most intimate human relationships will color their perception of God. But these perceptions can be changed as God shows His true character and great love. Finding a fellowship of believers who are experiencing the goodness and grace of God can help people shape a healthy view of God.

Take Steps to Trust Perceptively

Blind trust people need to be more cautious in relationships and not trust so quickly and completely. Aggressive distrust people need to be quiet and calm, encouraging rather than intimidating. Passive distrust people need to take steps to be more open and vulnerable with those they trust. These are all healthy steps of growth and change.

Find People Who Understand

Changes of the heart do not occur in a vacuum. People must find others who can understand, encourage, and speak the truth to them about God and about themselves. One trustworthy, honest, perceptive person can make all the difference. In cases of severe abuse or abandonment, a pastor or a professional counselor may better provide the insight and nurture necessary for change to occur.

Absorb the Truth About God

To learn to trust, people must absorb the Scriptures with an attitude of commitment and with prayer. They can search passages that are particularly meaningful and memorize them. God is, and always will be, true to His Word. They can count on Him to lead them and give wisdom, peace, and strength.

No matter how much their trust has been destroyed in the past, people can still discover that God is supremely trustworthy. In Him, they can find peace and wisdom. The Bible promises, "Trust in the LORD with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths" (Prov. 3:5, 6).

FURTHER MEDITATION:

Other passages to study about the issue of trust include:

- 2 Samuel 22:3, 31
- Psalms 4:5; 5:11; 9:10; 27:10; 31:1
- Proverbs 11:28
- John 20:29
- Romans 8:31-39

To Learn More: Turn to the key passage note on trust at Proverbs 3:5, 6 on page 803. See also the personality profile of Habakkuk on page 1185.

1 The burden^a against Nineveh. The book
of the vision of Nahum the Elkoshite.

GOD'S WRATH ON HIS ENEMIES

God *is* jealous, and the LORD avenges;
The LORD avenges and *is* furious.
The LORD **will take vengeance on His**
adversaries,
And He reserves *wrath* for His enemies;
The LORD *is* slow to anger and great in
power,
And **will not at all**

 acquit the
wicked.

The LORD has His
way
In the whirlwind
and in the
storm,

And the clouds *are*
the dust of His feet.

He rebukes the sea and makes it dry,
And dries up all the rivers.
Bashan and Carmel wither,
And the flower of Lebanon wilts.
The mountains quake before Him,
The hills melt,
And the earth heaves^a at His presence,
Yes, the world and all who dwell in it.

Who can stand before His indignation?
And who can endure the fierceness of
His anger?
His fury is poured out like fire,
And the rocks are thrown down by Him.

7 The LORD *is* good,
A stronghold in the day of trouble;
And He knows those who trust in Him.

8 But with an overflowing flood
He will make an utter end of its place,
And darkness will pursue His enemies.

What do you conspire against the LORD?
He will make an utter end *of it.*
Affliction will not rise up a second time.

10 For while tangled *like* thorns,
And while drunken *like* drunkards,
They shall be devoured
like stubble
fully dried.

The LORD is slow to anger
and great in power, and will not
at all acquit the wicked. The LORD
has His way in the whirlwind and
in the storm, and the clouds are
the dust of His feet.

NAHUM 1:3

11 From you comes
forth *one*
Who plots evil
against the
LORD,
A wicked
counselor.

12 Thus says the LORD:

"Though *they are* safe, and likewise many,
Yet in this manner they will be cut down
When he passes through.

Though I have afflicted you,
I will afflict you no more;
13 For now I will break off his yoke from
you,
And burst your bonds apart."

14 The LORD has given a command
concerning you:
"Your name shall be perpetuated no
longer.
Out of the house of your gods
I will cut off the carved image and the
molded image.

1:1 ^aOr *oracle* **1:5** ^aTargum reads *burns*.

SOUL NOTE



Trust in the Lord (1:7) Over a century before, Jonah had warned the Assyrians (in the capital city of Nineveh) of God's judgment, and they had repented. It seems their spiritual renewal didn't last long, however, and they began oppressing God's people. They attacked Israel, the northern kingdom, taking them into captivity. Nahum's prophecy comforted the people in the southern kingdom (Judah). They knew that "the LORD is good . . . and He knows those who trust in Him." When the wicked appear to be in control, don't despair. He won't forget those who trust in Him.

Topic: Trust

And burn incense to their dragnet;
Because by them their share *is*
sumptuous
And their food plentiful.
17 Shall they therefore empty their net,
And continue to slay nations without
pity?

2 I will stand my watch
And set myself on the rampart,
And watch to see what He will say to me,
And what I will answer when I am
corrected.

THE JUST LIVE BY FAITH

²Then the LORD answered me and said:

"Write the vision
And make *it* plain on tablets,
That he may run who reads it.

³ For the vision *is* yet for an appointed
time;

But at the end it will speak, and it will
not lie.
Though it tarries, wait for it;
Because it will surely come,
It will not tarry.

⁴ "Behold the proud,
His soul is not upright in him;
But the just shall live by his faith.

WOE TO THE WICKED

⁵ "Indeed, because he transgresses by
wine,
He is a proud man,
And he does not stay at home.
Because he enlarges his desire as hell,^a
And he *is* like death, and cannot be
satisfied,
He gathers to himself all nations
And heaps up for himself all peoples.

2:5 ^aOr *Sheol*

PERSONALITY PROFILE



Trust

HABAKKUK: THE TOWER OF TRUST

(HABAKKUK 2)

Why? Children ask the question as soon as they are old enough to understand the word "no." They want to know the explanation for why they cannot do or have something. As we get older, the question continues to nag us as we encounter "why" questions at every turn. When we see evil, pain, and suffering in the world and, especially, in our lives, we ask, "Why?" Thousands of years ago, Habakkuk took that same question directly to God.

Habakkuk, God's prophet, preached trust during a time of great trouble and distress. The nation of Judah was facing impending invasion from the Babylonians, who had taken Nineveh, the great capital of Assyria. Judah's days were numbered, for God would use the wicked Babylonians to conquer His people and punish their sins. Habakkuk wanted to know why: "Why do You look on those who deal treacherously, and hold Your tongue when the wicked devours a person more righteous than he?" (Hab. 1:13). Habakkuk asked this question on behalf of his nation, then he awaited God's answer: "I will stand my watch and set myself on the rampart, and watch to see what He will say to me" (2:1).

God answered His questioning prophet, explaining that while He would use Babylon to punish Judah, the Babylonians wouldn't even know that they were pawns in His hands. Babylon's pride and power would eventually be its downfall. God told Habakkuk to be patient. In the end, He would make everything right.

God's people must trust Him completely, even in the face of tragic events. Trust is believing *without seeing*. Habakkuk pronounced: "The just shall live by his faith" (2:4). When we trust in our trustworthy God, we don't need to know why. We only need to know Him.

To Learn More: Turn to the article about trust on pages 1180, 1181. See also the key passage note at Proverbs 3:5, 6 on page 803.

- 6 "Will not all these take up a proverb against him,
And a taunting riddle against him, and say,
'Woe to him who increases
What is not his—how long?
And to him who loads himself with
many pledges?'^a
- 7 Will not your creditors^a rise up suddenly?
Will they not awaken who oppress you?
And you will become their booty.
- 8 Because you have plundered many nations,
All the remnant of the people shall plunder you,
Because of men's blood
And the violence of the land *and* the city,
And of all who dwell in it.
- 9 "Woe to him who covets evil gain for his house,
That he may set his nest on high,
That he may be delivered from the power of disaster!
- 10 You give shameful counsel to your house,
Cutting off many peoples,
And sin *against* your soul.
- 11 For the stone will cry out from the wall,
And the beam from the timbers will answer it.
- 12 "Woe to him who builds a town with bloodshed,
Who establishes a city by iniquity!
- 13 Behold, *is it* not of the LORD of hosts
That the peoples labor to feed the fire,^a
And nations weary themselves in vain?
- 14 For the earth will be filled
With the knowledge of the glory of the LORD,
As the waters cover the sea.
- 15 "Woe to him who gives drink to his neighbor,
Pressing^a *him* to your bottle,
Even to make *him* drunk,
That you may look on his nakedness!
- 16 You are filled with shame instead of glory.
You also—drink!
And be exposed as uncircumcised!^a
The cup of the LORD's right hand *will be* turned against you,
And utter shame will be on your glory.
- 17 For the violence *done to* Lebanon will cover you,
And the plunder of beasts *which* made them afraid,
Because of men's blood
And the violence of the land *and* the city,
And of all who dwell in it.
- 18 "What profit is the image, that its maker should carve it,
The molded image, a teacher of lies,
That the maker of its mold should trust in it,
To make mute idols?
- 19 Woe to him who says to wood,
'Awake!'
To silent stone, 'Arise! It shall teach!'
Behold, it is overlaid with gold and silver,
Yet in it there is no breath at all.
- 20 "But the LORD is in His holy temple.
Let all the earth keep silence before Him."

2:6 ^aSyriac and Vulgate read *thick clay*.
2:7 ^aLiterally *those who bite you* 2:13 ^aLiterally *for what satisfies fire*, that is, for what is of no lasting value 2:15 ^aLiterally *Attaching or Joining*
2:16 ^aDead Sea Scrolls and Septuagint read *And reel!*; Syriac and Vulgate read *And fall fast asleep!*

SOUL NOTE



Waiting for Answers (2:1–4) Habakkuk didn't shrink from asking all his questions. He asked God why He wasn't punishing the wicked Babylonians (1:12–17). Then he awaited God's answer: "I will . . . watch to see what He will say to me" (2:1). At times, it is appropriate to wait. Habakkuk could have become angry or impatient, but instead he humbly waited for God to answer. God will answer our questions, but we need to wait and trust His perfect timing. **Topic: Trust**

¹³ And He will stretch out His hand against
the north,
Destroy Assyria,
And make Nineveh a desolation,
As dry as the wilderness.

¹⁴ The herds shall lie down in her midst,
Every beast of the nation.
Both the pelican and the bittern
Shall lodge on the capitals of her
pillars;
Their voice shall sing in the windows:
Desolation *shall be* at the threshold;
For He will lay bare the cedar work.

¹⁵ This is the rejoicing city
That dwelt securely,
That said in her heart,
"I *am it*, and *there is none* besides me."
How has she become a desolation,
A place for beasts to lie down!
Everyone who passes by her
Shall hiss and shake his fist.

THE WICKEDNESS OF JERUSALEM

3 Woe to her who is rebellious and
polluted,
To the oppressing city!
² She has not obeyed *His* voice,
She has not received correction;

She has not trusted in the LORD,
She has not drawn near to her God.

³ Her princes in her midst *are* roaring
lions;
Her judges *are* evening wolves
That leave not a bone till morning.

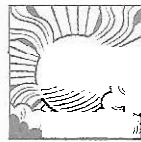
⁴ Her prophets are insolent, treacherous
people;
Her priests have polluted the sanctuary,
They have done violence to the law.

⁵ The LORD *is* righteous in her midst,
He will do no unrighteousness.
Every morning He brings His justice to
light;
He never fails,
But the unjust knows no shame.

⁶ "I have cut off nations,
Their fortresses are devastated;
I have made their streets desolate,
With none passing by.
Their cities are destroyed;
There is no one, no inhabitant.

⁷ I said, 'Surely you will fear Me,
You will receive instruction'—
So that her dwelling would not be cut
off,

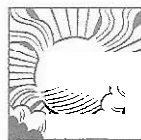
SOUL NOTE



Resting in God (3:11–13) Zephaniah described the wicked (3:1, 2), contrasting them with the righteous (3:9, 12). The wicked Judeans had been rebellious, disobedient, and far from God. Despite of all God's warnings, the people continued to sin. In sharp contrast, true believers humbly waited on God; they were meek and humble people, the kind who "trust in the name of the LORD." Like this faithful remnant, believers who trust in God know that He will be with them, and they will allow no one to make them afraid. With God on our side, we have everything we need.

Topic: Trust

SOUL NOTE



Rejoicing in God (3:14–17) When is joy felt most intensely? In health? In prosperity? Only when all is well? Strangely enough, the most profound joy often occurs during hardship. Zephaniah described this phenomena. The people had experienced the misery of suffering under God's judgment on their sins. But one day God would forgive them and free them to rejoice in Him. He would deliver His people and quiet their troubled hearts. He would accept their joyful praise, and He would rejoice in them as well. **Topic: Joy**

19 None who go to her return,
Nor do they regain the paths of life—
20 So you may walk in the way of
goodness,
And keep to the paths of righteousness.
21 For the upright will dwell in the land,
And the blameless will remain in it;
22 But the wicked will be cut off from the
earth,
And the unfaithful will be uprooted from
it.

GUIDANCE FOR THE YOUNG

3 My son, do not forget my law,
But let your heart keep my commands;
2 For length of days and long life
And peace they will add to you.

3 Let not mercy and truth forsake you;
Bind them around your neck,
Write them on the tablet of your heart,

4 **And so find favor and high esteem**
In the sight of God and man.
5 Trust in the LORD with all your heart,
And lean not on your own
understanding;
6 In all your ways acknowledge Him,
And He shall direct^a your paths.
7 Do not be wise in your own eyes;
Fear the LORD and depart from evil.
8 It will be health to your flesh,^a
And strength^b to your bones.

Honor the LORD with your possessions,
And with the firstfruits of all your
increase;

3:6 ^aOr *make smooth or straight* 3:8 ^aLiterally
navel, figurative of the body ^bLiterally *drink* or
refreshment

KEY PASSAGE



Trust

TRUST IN HIM

(3:5, 6)

It's one thing for people to trust God with their eternal destiny; it is quite another for them to trust God to handle the challenges and difficulties of daily life. These verses encourage God's people to trust in God with all their hearts and acknowledge Him in all their ways. When we do so, He promises to direct, or straighten, our paths. We need to trust God to help us handle the difficult situations we face, even in cases where we can't begin to see how He could. Also, trusting the Lord means to trust Him in all areas. If we really want to know God's will for our lives, or even for our actions in a particular situation, we must begin by trusting that God cares about every aspect of living, and that He will provide what we need.

To Learn More: Turn to the article about trust on pages 1180, 1181. See also the personality profile of Habakkuk on page 1185.

SOUL NOTE



Health and Strength (3:7, 8) Modern medical research is proving the positive relationship between health and godliness, a fact that believers have understood for a long time. Living a godly lifestyle brings physical, emotional, and spiritual health and blessing. Being a believer will not exempt a person from physical problems, but at times it may keep a person from some kinds of diseases. And knowing that one belongs to God brings spiritual contentment that will have a positive effect on the body as well. **Topic: Health/Spirituality**

³⁷Now Jacob took for himself rods of green poplar and of the almond and chestnut trees, peeled white strips in them, and exposed the white which was in the rods. ³⁸And the rods which he had peeled, he set before the flocks in the gutters, in the watering troughs where the flocks came to drink, so that they should conceive when they came to drink. ³⁹So the flocks conceived before the rods, and the flocks brought forth streaked, speckled, and spotted. ⁴⁰Then Jacob separated the lambs, and made the flocks face toward the streaked and all the brown in the flock of Laban; but he put his own flocks by themselves and did not put them with Laban's flock.

⁴¹And it came to pass, whenever the stronger livestock conceived, that Jacob placed the rods before the eyes of the livestock in the gutters, that they might conceive among the rods. ⁴²But when the flocks were feeble, he did not put them in; so the feeblers were Laban's and the stronger Jacob's. ⁴³Thus the man became exceedingly prosperous, and had large flocks, female and male servants, and camels and donkeys.

JACOB FLEES FROM LABAN

31 Now Jacob heard the words of Laban's sons, saying, "Jacob has taken away all that was our father's, and from what was our father's he has acquired all this wealth." ²And Jacob saw the countenance of Laban, and indeed it was not favorable toward him as before. ³Then the LORD said to Jacob, "Return to the land of your fathers and to your family, and I will be with you."

⁴So Jacob sent and called Rachel and Leah to the field, to his flock, ⁵and said to them, "I see your father's countenance, that it is not favorable toward me as before; but the God of my father has been with me. ⁶And you know that

with all my might I have served your father. ⁷Yet your father has deceived me and changed my wages ten times, but God did not allow him to hurt me. ⁸If he said thus: 'The speckled shall be your wages,' then all the flocks bore speckled. And if he said thus: 'The streaked shall be your wages,' then all the flocks bore streaked. ⁹So God has taken away the livestock of your father and given them to me.

¹⁰"And it happened, at the time when the flocks conceived, that I lifted my eyes and saw in a dream, and behold, the rams which leaped upon the flocks were streaked, speckled, and gray-spotted. ¹¹Then the Angel of God spoke to me in a dream, saying, 'Jacob.' And I said, 'Here I am.' ¹²And He said, 'Lift your eyes now and see, all the rams which leap on the flocks are streaked, speckled, and gray-spotted; for I have seen all that Laban is doing to you. ¹³I am the God of Bethel, where you anointed the pillar and where you made a vow to Me. Now arise, get out of this land, and return to the land of your family.' "

¹⁴Then Rachel and Leah answered and said to him, "Is there still any portion or inheritance for us in our father's house? ¹⁵Are we not considered strangers by him? For he has sold us, and also completely consumed our money. ¹⁶For all these riches which God has taken from our father are really ours and our children's; now then, whatever God has said to you, do it."

¹⁷Then Jacob rose and set his sons and his wives on camels. ¹⁸And he carried away all his livestock and all his possessions which he had gained, his acquired livestock which he had gained in Padan Aram, to go to his father Isaac in the land of Canaan. ¹⁹Now Laban had gone to shear his sheep, and Rachel had stolen the household idols that were her father's. ²⁰And Jacob stole away, unknown to Laban

SOUL NOTE



Violated Trust (31:7) Jacob had been deceived several times by his father-in-law. Both in his marriages and in his employment, Jacob found Laban to be less than honest. Jacob no longer trusted Laban, so he took his family and left.

Trust involves being trustworthy and being willing to trust another. Earlier in his life, Jacob too had been a deceiver. He had experienced the hurt and separation that violated trust brings into a family. Jacob fled because he had deceived (27:43); here he fled because he had been deceived. Violated trust can destroy relationships. How much better to build a bond of trust with those closest to us. **Topic: Trust**

²¹And Saul said, "Blessed are you of the LORD, for you have compassion on me. ²²Please go and find out for sure, and see the place where his hideout is, and who has seen him there. For I am told he is very crafty. ²³See therefore, and take knowledge of all the lurking places where he hides; and come back to me with certainty, and I will go with you. And it shall be, if he is in the land, that I will search for him throughout all the clans^a of Judah."

²⁴So they arose and went to Ziph before Saul. But David and his men were in the Wilderness of Maon, in the plain on the south of Jeshimon. ²⁵When Saul and his men went to seek him, they told David. Therefore he went down to the rock, and stayed in the Wilderness of Maon. And when Saul heard that, he pursued David in the Wilderness of Maon. ²⁶Then Saul went on one side of the mountain, and David and his men on the other side of the mountain. So David made haste to get away from Saul, for Saul and his men were encircling David and his men to take them.

²⁷But a messenger came to Saul, saying, "Hurry and come, for the Philistines have invaded the land!" ²⁸Therefore Saul returned from pursuing David, and went against the Philistines; so they called that place the Rock of Escape.^a ²⁹Then David went up from there and dwelt in strongholds at En Gedi.

DAVID SPARES SAUL

24 Now it happened, when Saul had returned from following the Philistines, that it was told him, saying, "Take note! David is in the Wilderness of En Gedi." ²Then Saul took three thousand chosen men from all Israel, and went to seek David and his men on the Rocks of the Wild Goats. ³So he came to the sheepfolds by the road, where there was a cave; and Saul went in to attend to his needs. (David and his men were staying in the re-

cesses of the cave.) ⁴Then the men of David said to him, "This is the day of which the LORD said to you, 'Behold, I will deliver your enemy into your hand, that you may do to him as it seems good to you.'" And David arose and secretly cut off a corner of Saul's robe. ⁵Now it happened afterward that David's heart troubled him because he had cut Saul's robe. ⁶And he said to his men, "The LORD forbid that I should do this thing to my master, the LORD's anointed, to stretch out my hand against him, seeing he is the anointed of the LORD." ⁷So David restrained his servants with these words, and did not allow them to rise against Saul. And Saul got up from the cave and went on his way.

⁸David also arose afterward, went out of the cave, and called out to Saul, saying, "My lord the king!" And when Saul looked behind him, David stooped with his face to the earth, and bowed down. ⁹And David said to Saul: "Why do you listen to the words of men who say, 'Indeed David seeks your harm'? ¹⁰Look, this day your eyes have seen that the LORD delivered you today into my hand in the cave, and someone urged me to kill you. But my eye spared you, and I said, 'I will not stretch out my hand against my lord, for he is the LORD's anointed.' ¹¹Moreover, my father, see! Yes, see the corner of your robe in my hand! For in that I cut off the corner of your robe, and did not kill you, know and see that there is neither evil nor rebellion in my hand, and I have not sinned against you. Yet you hunt my life to take it. ¹²Let the LORD judge between you and me, and let the LORD avenge me on you. But my hand shall not be against you. ¹³As the proverb of the ancients says, 'Wickedness proceeds from the wicked.' But my hand shall not

^{23:23} ^aLiterally *thousands* ^{23:28} ^aHebrew *Sela Hammahlekoth*

SOUL NOTE



Just Trust (24:6) Saul had been attempting to kill David. Surely David, who had been secretly anointed as the next king of Israel (16:13), would have been justified to kill Saul in self-defense so he could finally take over. David realized, however, that he had to respect Saul as God's anointed king and leave vengeance to God (24:12). While it would have been easier on David to get rid of his enemy, David trusted God to handle the situation. When we face difficult situations, we may not understand God's timing, but we must trust Him to lead us and do what is best. **Topic: Trust**

ered the bones of those who had been hanged.
¹⁴They buried the bones of Saul and Jonathan his son in the country of Benjamin in Zelah, in the tomb of Kish his father. So they performed all that the king commanded. And after that God heeded the prayer for the land.

PHILISTINE GIANTS DESTROYED

¹⁵When the Philistines were at war again with Israel, David and his servants with him went down and fought against the Philistines; and David grew faint. ¹⁶Then Ishbi-Benob, who was one of the sons of the giant, the weight of whose bronze spear was three hundred *shekels*, who was bearing a new sword, thought he could kill David. ¹⁷But Abishai the son of Zeruiah came to his aid, and struck the Philistine and killed him. Then the men of David swore to him, saying, "You shall go out no more with us to battle, lest you quench the lamp of Israel."

¹⁸Now it happened afterward that there was again a battle with the Philistines at Gob. Then Sibbechai the Hushathite killed Saph,^a who was one of the sons of the giant. ¹⁹Again there was war at Gob with the Philistines, where Elhanan the son of Jaare-Oregim^a the Bethlehemite killed the brother of Goliath the Gittite, the shaft of whose spear was like a weaver's beam.

²⁰Yet again there was war at Gath, where there was a man of great stature, who had six fingers on each hand and six toes on each foot, twenty-four in number; and he also was born to the giant. ²¹So when he defied Israel, Jonathan the son of Shimea,^a David's brother, killed him.

²²These four were born to the giant in Gath, and fell by the hand of David and by the hand of his servants.

PRAISE FOR GOD'S DELIVERANCE

22 Then David spoke to the LORD the words of this song, on the day when the LORD had delivered him from the hand of all his enemies, and from the hand of Saul.
²And he said:^a

"The LORD is my rock and my fortress
 and my deliverer;

³ The God of my strength, in whom I will trust;

My shield and the horn of my salvation,
 My stronghold and my refuge;

My Savior, You save me from violence.

⁴ I will call upon the LORD, *who is worthy*
 to be praised;

So shall I be saved from my enemies.

⁵ "When the waves of death surrounded
 me,

The floods of ungodliness made me
 afraid.

⁶ The sorrows of Sheol surrounded me;
 The snares of death confronted me.

⁷ In my distress I called upon the LORD,
 And cried out to my God;

He heard my voice from His temple,
 And my cry entered His ears.

⁸ "Then the earth shook and trembled;
 The foundations of heaven^a quaked and
 were shaken,
 Because He was angry.

21:18 ^aSpelled *Sippai* in 1 Chronicles 20:4

21:19 ^aSpelled *Jair* in 1 Chronicles 20:5

21:21 ^aSpelled *Shammah* in 1 Samuel 16:9 and elsewhere

22:2 ^aCompare Psalm 18

22:8 ^aFollowing Masoretic Text, Septuagint, and Targum; Syriac and Vulgate read *hills* (compare Psalm 18:7).

SOUL NOTE



Trust in Me (22:2, 3) David's song praised God for deliverance from enemies. David expressed his love for "the God of my strength, in whom I will trust." David had faced many enemies, trials, and problems. He had sinned against God and had reaped the consequences. David's words reveal a heart that, though imperfect, constantly desired to seek God's way and follow Him. Thus God called him "a man after His own heart" (1 Sam. 13:14). People do not need to be perfect before God can use them, but they need to be willing to put their trust in Him. **Topic: Trust**

PSALM 36

MAN'S WICKEDNESS AND GOD'S PERFECTIONS

To the Chief Musician. A Psalm of David the servant of the LORD.

An oracle within my heart concerning the transgression of the wicked: *There is no fear of God before his eyes. For he flatters himself in his own eyes, When he finds out his iniquity and when he hates.*

The words of his mouth *are* wickedness and deceit;

He has ceased to be wise *and* to do good.

He devises wickedness on his bed; He sets himself in a way *that is* not good;

He does not abhor evil.

⁵ Your mercy, O LORD, *is* in the heavens; Your faithfulness *reaches* to the clouds. Your righteousness *is* like the great mountains; Your judgments *are* a great deep; O LORD, You preserve man and beast.

⁷ How precious *is* Your lovingkindness, O God! Therefore the children of men put their trust under the shadow of Your wings.

⁸ They are abundantly satisfied with the fullness of Your house, And You give them drink from the river of Your pleasures. For with You *is* the fountain of life; In Your light we see light.

¹⁰ Oh, continue Your lovingkindness to those who know You,

And Your righteousness to the upright in heart.

¹¹ Let not the foot of pride come against me,

And let not the hand of the wicked drive me away.

¹² There the workers of iniquity have fallen;

They have been cast down and are not able to rise.

PSALM 37

THE HERITAGE OF THE RIGHTEOUS AND THE CALAMITY OF THE WICKED

A Psalm of David.

¹ Do not fret because of evildoers, Nor be envious of the workers of iniquity.

² For they shall soon be cut down like the grass, And wither as the green herb.

Trust in the LORD, and do good; Dwell in the land, and feed on His faithfulness.

⁴ Delight yourself also in the LORD, And He shall give you the desires of your heart.

⁵ Commit your way to the LORD, Trust also in Him, And He shall bring *it* to pass.

⁶ He shall bring forth your righteousness as the light, And your justice as the noonday.

⁷ Rest in the LORD, and wait patiently for Him;

SOUL NOTE



Willing to Trust (37:3-8) God's people need not worry about evildoers, for God promises to punish them and redeem His people. David encouraged God's people to trust in the Lord (37:3), delight themselves in Him (37:4), commit their way to Him (37:5), and wait patiently for Him to act (37:7). Trusting focuses our faith and deepens our commitment. Delighting means to experience pleasure in His presence. Committing our way to God means entrusting everything in our lives to His guidance and control. Waiting patiently is sometimes difficult, but it often is the ultimate test of our trust in God. **Topic: Trust**

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it is received with thanksgiving; ⁵for it is sanctified by the word of God and prayer.

A GOOD SERVANT OF JESUS CHRIST

⁶If you instruct the brethren in these things, you will be a good minister of Jesus Christ, **nourished in the words of faith and of the good doctrine** which you have carefully followed. ⁷But reject profane and old wives' fables, and exercise yourself toward godliness. ⁸For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come. ⁹This is a faithful saying and worthy of all acceptance. ¹⁰For to this *end* we both labor and suffer reproach,^a because we trust in the living God, who is *the* Savior of all men, especially of those who believe. ¹¹These things command and teach.

TAKE HEED TO YOUR MINISTRY

¹²Let no one despise your youth, but be an example to the believers in word, in conduct, in love, in spirit,^a in faith, in purity. ¹³Till I come, give attention to reading, to exhortation, to doctrine. ¹⁴Do not neglect the gift that

is in you, which was given to you by prophecy with the laying on of the hands of the eldership. ¹⁵Meditate on these things; give yourself entirely to them, that your progress may be evident to all. ¹⁶Take heed to yourself and to the doctrine. Continue in them, for in doing **this you will save both yourself and those who hear you.**

TREATMENT OF CHURCH MEMBERS

5 Do not rebuke an older man, but exhort *him* as a father, younger men as brothers, ²older women as mothers, younger women as sisters, with all purity.

HONOR TRUE WIDOWS

³Honor widows who are really widows. ⁴But if any widow has children or grandchildren, let them first learn to show piety at home and to repay their parents; for this is good and^a acceptable before God. ⁵Now she who is really a widow, and left alone, trusts in God and con-

^{4:10} ^aNU-Text reads *we labor and strive*.

^{4:12} ^aNU-Text omits *in spirit*. ^{5:4} ^aNU-Text and M-Text omit *good and*.

SOUL NOTE



Stay on Track (4:7) Anyone who has begun a new exercise regimen realizes the self-control needed, as well as the constant temptation to give up. It takes great discipline to keep exercising in order to see results. The same is true for spiritual training. Believers need to "exercise" themselves "toward godliness." It doesn't happen overnight; godliness is a process of discipline and self-control, with some days being easier than others. Every day brings temptation and difficulties, and believers must discipline themselves in order to stay on track with God. How is your personal spiritual exercise program? Are you seeing any results? **Topic: Spiritual Disciplines**

SOUL NOTE



Trust Talk (4:10) Believers have a great future promised by God. They train themselves toward godliness not *in order* to be saved but because they *are* saved and want to be ready for eternity with Christ. They are willing to work hard, deny themselves certain activities, and face reproach from an unbelieving world because they "trust in the living God." Their trust is in the One who died and rose again—not in a philosophy, a set of rules, personal achievement, or a standard of behavior. That trust in the living God is their anchor, their hope, their certain future. When we place our trust in God, we have nothing to fear. **Topic: Trust**

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