Lifelight: Selected Psalms Session 5 Readings

Day 1

Psalm 35

- 1 OF DAVID. Contend, O LORD, with those who contend with me; fight against those who fight against me!
- 2 Take hold of shield and buckler and rise for my help!
- 3 Draw the spear and javelin against my pursuers! Say to my soul, "I am your salvation!"
- 4 Let them be put to shame and dishonor who seek after my life! Let them be turned back and disappointed who devise evil against me!
- 5 Let them be like chaff before the wind, with the angel of the LORD driving them away!
- 6 Let their way be dark and slippery, with the angel of the LORD pursuing them!
- 7 For without cause they hid their net for me; without cause they dug a pit for my life.
- 8 Let destruction come upon him when he does not know it! And let the net that he hid ensnare him; let him fall into it- to his destruction!
- 9 Then my soul will rejoice in the LORD, exulting in his salvation.
- 10 All my bones shall say, "O LORD, who is like you, delivering the poor from him who is too strong for him, the poor and needy from him who robs him?"
- 11 Malicious witnesses rise up; they ask me of things that I do not know.
- 12 They repay me evil for good; my soul is bereft.
- 13 But I, when they were sick- I wore sackcloth; I afflicted myself with fasting; I prayed with head bowed on my chest.
- 14 I went about as though I grieved for my friend or my brother; as one who laments his mother, I bowed down in mourning.
- 15 But at my stumbling they rejoiced and gathered; they gathered together against me; wretches whom I did not know tore at me without ceasing;
- 16 like profane mockers at a feast, they gnash at me with their teeth.
- 17 How long, O Lord, will you look on? Rescue me from their destruction, my precious life from the lions!
- 18 I will thank you in the great congregation; in the mighty throng I will praise you.
- 19 Let not those rejoice over me who are wrongfully my foes, and let not those wink the eye who hate me without cause.
- 20 For they do not speak peace, but against those who are quiet in the land they devise words of deceit.
- 21 They open wide their mouths against me; they say, "Aha, Aha! our eyes have seen it!"
- 22 You have seen, O LORD; be not silent! O Lord, be not far from me!
- 23 Awake and rouse yourself for my vindication, for my cause, my God and my Lord!
- 24 Vindicate me, O LORD, my God, according to your righteousness, and let them not rejoice over me!
- 25 Let them not say in their hearts, "Aha, our heart's desire!" Let them not say, "We have swallowed him up."
- 26 Let them be put to shame and disappointed altogether who rejoice at my calamity! Let them be clothed with shame and dishonor who magnify themselves against me!

27 Let those who delight in my righteousness shout for joy and be glad and say evermore,

"Great is the LORD, who delights in the welfare of his servant!"

28 Then my tongue shall tell of your righteousness and of your praise all the day long.

John 10:10

10 The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.

Revelation 12:9-12

- 9 And the great dragon was thrown down, that ancient serpent, who is called the devil and Satan, the deceiver of the whole world- he was thrown down to the earth, and his angels were thrown down with him.
- 10 And I heard a loud voice in heaven, saying, "Now the salvation and the power and the kingdom of our God and the authority of his Christ have come, for the accuser of our brothers has been thrown down, who accuses them day and night before our God.
- 11 And they have conquered him by the blood of the Lamb and by the word of their testimony, for they loved not their lives even unto death.
- 12 Therefore, rejoice, O heavens and you who dwell in them! But woe to you, O earth and sea, for the devil has come down to you in great wrath, because he knows that his time is short!"

1 Samuel 19:8-17

- 8 And there was war again. And David went out and fought with the Philistines and struck them with a great blow, so that they fled before him.
- 9 Then a harmful spirit from the LORD came upon Saul, as he sat in his house with his spear in his hand. And David was playing the lyre.
- 10 And Saul sought to pin David to the wall with the spear, but he eluded Saul, so that he struck the spear into the wall. And David fled and escaped that night.
- 11 Saul sent messengers to David's house to watch him, that he might kill him in the morning. But Michal, David's wife, told him, "If you do not escape with your life tonight, tomorrow you will be killed."
- 12 So Michal let David down through the window, and he fled away and escaped.
- 13 Michal took an image and laid it on the bed and put a pillow of goats' hair at its head and covered it with the clothes.
- 14 And when Saul sent messengers to take David, she said, "He is sick."
- 15 Then Saul sent the messengers to see David, saying, "Bring him up to me in the bed, that I may kill him."
- 16 And when the messengers came in, behold, the image was in the bed, with the pillow of goats' hair at its head.
- 17 Saul said to Michal, "Why have you deceived me thus and let my enemy go, so that he has escaped?" And Michal answered Saul, "He said to me, 'Let me go. Why should I kill you?""

2 Samuel 21:15-17

- 15 There was war again between the Philistines and Israel, and David went down together with his servants, and they fought against the Philistines. And David grew weary.
- 16 And Ishbi-benob, one of the descendants of the giants, whose spear weighed three hundred shekels of bronze, and who was armed with a new sword, thought to kill David.
- 17 But Abishai the son of Zeruiah came to his aid and attacked the Philistine and killed him. Then David's men swore to him, "You shall no longer go out with us to battle, lest you quench the lamp of Israel."

1 Samuel 24:2-13

- 2 Then Saul took three thousand chosen men out of all Israel and went to seek David and his men in front of the Wildgoats' Rocks.
- 3 And he came to the sheepfolds by the way, where there was a cave, and Saul went in to relieve himself. Now David and his men were sitting in the innermost parts of the cave.
- 4 And the men of David said to him, "Here is the day of which the LORD said to you, 'Behold, I will give your enemy into your hand, and you shall do to him as it shall seem good to you."Then David arose and stealthily cut off a corner of Saul's robe.
- 5 And afterward David's heart struck him, because he had cut off a corner of Saul's robe.
- 6 He said to his men, "The LORD forbid that I should do this thing to my lord, the LORD's anointed, to put out my hand against him, seeing he is the LORD's anointed."
- 7 So David persuaded his men with these words and did not permit them to attack Saul. And Saul rose up and left the cave and went on his way.
- 8 Afterward David also arose and went out of the cave, and called after Saul, "My lord the king!" And when Saul looked behind him, David bowed with his face to the earth and paid homage.
- 9 And David said to Saul, "Why do you listen to the words of men who say, 'Behold, David seeks your harm'?
- 10 Behold, this day your eyes have seen how the LORD gave you today into my hand in the cave. And some told me to kill you, but I spared you. I said, 'I will not put out my hand against my lord, for he is the LORD's anointed.'
- 11 See, my father, see the corner of your robe in my hand. For by the fact that I cut off the corner of your robe and did not kill you, you may know and see that there is no wrong or treason in my hands. I have not sinned against you, though you hunt my life to take it.
- 12 May the LORD judge between me and you, may the LORD avenge me against you, but my hand shall not be against you.
- 13 As the proverb of the ancients says, 'Out of the wicked comes wickedness.' But my hand shall not be against you.

1 Samuel 26:1-11

- 1 Then the Ziphites came to Saul at Gibeah, saying, "Is not David hiding himself on the hill of Hachilah, which is on the east of Jeshimon?"
- 2 So Saul arose and went down to the wilderness of Ziph with three thousand chosen men of Israel to seek David in the wilderness of Ziph.

- 3 And Saul encamped on the hill of Hachilah, which is beside the road on the east of Jeshimon. But David remained in the wilderness. When he saw that Saul came after him into the wilderness.
- 4 David sent out spies and learned that Saul had come.
- 5 Then David rose and came to the place where Saul had encamped. And David saw the place where Saul lay, with Abner the son of Ner, the commander of his army. Saul was lying within the encampment, while the army was encamped around him.
- 6 Then David said to Ahimelech the Hittite, and to Joab's brother Abishai the son of Zeruiah, "Who will go down with me into the camp to Saul?" And Abishai said, "I will go down with you."
- 7 So David and Abishai went to the army by night. And there lay Saul sleeping within the encampment, with his spear stuck in the ground at his head, and Abner and the army lay around him.
- 8 Then said Abishai to David, "God has given your enemy into your hand this day. Now please let me pin him to the earth with one stroke of the spear, and I will not strike him twice."
- 9 But David said to Abishai, "Do not destroy him, for who can put out his hand against the LORD's anointed and be guiltless?"
- 10 And David said, "As the LORD lives, the LORD will strike him, or his day will come to die, or he will go down into battle and perish.
- 11 The LORD forbid that I should put out my hand against the LORD's anointed. But take now the spear that is at his head and the jar of water, and let us go."

Romans 12:17-21

- 17 Repay no one evil for evil, but give thought to do what is honorable in the sight of all.
- 18 If possible, so far as it depends on you, live peaceably with all.
- 19 Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written,
- "Vengeance is mine, I will repay, says the Lord."
- 20 To the contrary, "if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for by so doing you will heap burning coals on his head."
- [21 Do not be overcome by evil, but overcome evil with good.] v.21 from NKJV

2 Thessalonians 1:6-10

6 since indeed God considers it just to repay with affliction those who afflict you,

- 7 and to grant relief to you who are afflicted as well as to us, when the Lord Jesus is revealed from heaven with his mighty angels
- 8 in flaming fire, inflicting vengeance on those who do not know God and on those who do not obey the gospel of our Lord Jesus.
- 9 They will suffer the punishment of eternal destruction, away from the presence of the Lord and from the glory of his might,
- 10 when he comes on that day to be glorified in his saints, and to be marveled at among all who have believed, because our testimony to you was believed.

John 15:23-25

- 23 Whoever hates me hates my Father also.
- 24 If I had not done among them the works that no one else did, they would not be guilty of sin, but now they have seen and hated both me and my Father.
- 25 But the word that is written in their Law must be fulfilled: 'They hated me without a cause.'

Day 2

Psalm 58

- 1 TO THE CHOIRMASTER: ACCORDING TO DO NOT DESTROY. A MIKTAM OF DAVID. Do you indeed decree what is right, you gods? Do you judge the children of man uprightly?
- 2 No, in your hearts you devise wrongs; your hands deal out violence on earth.
- 3 The wicked are estranged from the womb; they go astray from birth, speaking lies.
- 4 They have venom like the venom of a serpent, like the deaf adder that stops its ear,
- 5 so that it does not hear the voice of charmers or of the cunning enchanter.
- 6 O God, break the teeth in their mouths; tear out the fangs of the young lions, O LORD!
- 7 Let them vanish like water that runs away; when he aims his arrows, let them be blunted.
- 8 Let them be like the snail that dissolves into slime, like the stillborn child who never sees the sun.
- 9 Sooner than your pots can feel the heat of thorns, whether green or ablaze, may he sweep them away!
- 10 The righteous will rejoice when he sees the vengeance; he will bathe his feet in the blood of the wicked.
- 11 Mankind will say, "Surely there is a reward for the righteous; surely there is a God who judges on earth."

Romans 13:1-6

- 1 Let every person be subject to the governing authorities. For there is no authority except from God, and those that exist have been instituted by God.
- 2 Therefore whoever resists the authorities resists what God has appointed, and those who resist will incur judgment.
- 3 For rulers are not a terror to good conduct, but to bad. Would you have no fear of the one who is in authority? Then do what is good, and you will receive his approval,
- 4 for he is God's servant for your good. But if you do wrong, be afraid, for he does not bear the sword in vain. For he is the servant of God, an avenger who carries out God's wrath on the wrongdoer.
- 5 Therefore one must be in subjection, not only to avoid God's wrath but also for the sake of conscience.
- 6 For the same reason you also pay taxes, for the authorities are ministers of God, attending to this very thing.

Isaiah 10:1-2

1 Woe to those who decree iniquitous decrees, and the writers who keep writing oppression, 2 to turn aside the needy from justice and to rob the poor of my people of their right, that widows may be their spoil, and that they may make the fatherless their prey!

1 Samuel 8:1-3

- 1 When Samuel became old, he made his sons judges over Israel.
- 2 The name of his firstborn son was Joel, and the name of his second, Abi-jah; they were judges in Beersheba.
- 3 Yet his sons did not walk in his ways but turned aside after gain. They took bribes and perverted justice.

Revelation 19:1-2

- 1 After this I heard what seemed to be the loud voice of a great multitude in heaven, crying out, "Hallelujah! Salvation and glory and power belong to our God,
- 2 for his judgments are true and just; for he has judged the great prostitute who corrupted the earth with her immorality, and has avenged on her the blood of his servants."

Day 3

Psalm 69

- 1 TO THE CHOIRMASTER: ACCORDING TO LILIES. OF DAVID. Save me, O God! For the waters have come up to my neck.
- 2 I sink in deep mire, where there is no foothold; I have come into deep waters, and the flood sweeps over me.
- 3 I am weary with my crying out; my throat is parched. My eyes grow dim with waiting for my God.
- 4 More in number than the hairs of my head are those who hate me without cause; mighty are those who would destroy me, those who attack me with lies. What I did not steal must I now restore?
- 5 O God, you know my folly; the wrongs I have done are not hidden from you.
- 6 Let not those who hope in you be put to shame through me, O Lord GOD of hosts; let not those who seek you be brought to dishonor through me, O God of Israel.
- 7 For it is for your sake that I have borne reproach, that dishonor has covered my face.
- 8 I have become a stranger to my brothers, an alien to my mother's sons.
- 9 For zeal for your house has consumed me, and the reproaches of those who reproach you have fallen on me.
- 10 When I wept and humbled my soul with fasting, it became my reproach.
- 11 When I made sackcloth my clothing, I became a byword to them.
- 12 I am the talk of those who sit in the gate, and the drunkards make songs about me.
- 13 But as for me, my prayer is to you, O LORD. At an acceptable time, O God, in the abundance of your steadfast love answer me in your saving faithfulness.

- 14 Deliver me from sinking in the mire; let me be delivered from my enemies and from the deep waters.
- 15 Let not the flood sweep over me, or the deep swallow me up, or the pit close its mouth over me.
- 16 Answer me, O LORD, for your steadfast love is good; according to your abundant mercy, turn to me.
- 17 Hide not your face from your servant; for I am in distress; make haste to answer me.
- 18 Draw near to my soul, redeem me; ransom me because of my enemies!
- 19 You know my reproach, and my shame and my dishonor; my foes are all known to you.
- 20 Reproaches have broken my heart, so that I am in despair. I looked for pity, but there was none, and for comforters, but I found none.
- 21 They gave me poison for food, and for my thirst they gave me sour wine to drink.
- 22 Let their own table before them become a snare; and when they are at peace, let it become a trap.
- 23 Let their eyes be darkened, so that they cannot see, and make their loins tremble continually.
- 24 Pour out your indignation upon them, and let your burning anger overtake them.
- 25 May their camp be a desolation; let no one dwell in their tents.
- 26 For they persecute him whom you have struck down, and they recount the pain of those you have wounded.
- 27 Add to them punishment upon punishment; may they have no acquittal from you.
- 28 Let them be blotted out of the book of the living; let them not be enrolled among the righteous.
- 29 But I am afflicted and in pain; let your salvation, O God, set me on high!
- 30 I will praise the name of God with a song; I will magnify him with thanksgiving.
- 31 This will please the LORD more than an ox or a bull with horns and hoofs.
- 32 When the humble see it they will be glad; you who seek God, let your hearts revive.
- 33 For the LORD hears the needy and does not despise his own people who are prisoners.
- 34 Let heaven and earth praise him, the seas and everything that moves in them.
- 35 For God will save Zion and build up the cities of Judah, and people shall dwell there and possess it;
- 36 the offspring of his servants shall inherit it, and those who love his name shall dwell in it.

Matthew 27:29-31

29 and twisting together a crown of thorns, they put it on his head and put a reed in his right hand. And kneeling before him, they mocked him, saying, "Hail, King of the Jews!"

- 30 And they spit on him and took the reed and struck him on the head.
- 31 And when they had mocked him, they stripped him of the robe and put his own clothes on him and led him away to crucify him.

John 2:17

17 His disciples remembered that it was written, "Zeal for your house will consume me."

John 7:5

5 For not even his brothers believed in him.

John 15:25

25 But the word that is written in their Law must be fulfilled: 'They hated me without a cause.'

John 19:28-30

- 28 After this, Jesus, knowing that all was now finished, said (to fulfill the Scripture), "I thirst."
- 29 A jar full of sour wine stood there, so they put a sponge full of the sour wine on a hyssop branch and held it to his mouth.
- 30 When Jesus had received the sour wine, he said, "It is finished," and he bowed his head and gave up his spirit.
- 1 Corinthians 10:31-33
- 31 So, whether you eat or drink, or whatever you do, do all to the glory of God.
- 32 Give no offense to Jews or to Greeks or to the church of God,
- 33 just as I try to please everyone in everything I do, not seeking my own advantage, but that of many, that they may be saved.

Romans 5:6-10

- 6 For while we were still weak, at the right time Christ died for the ungodly.
- 7 For one will scarcely die for a righteous person- though perhaps for a good person one would dare even to die-
- 8 but God shows his love for us in that while we were still sinners, Christ died for us.
- 9 Since, therefore, we have now been justified by his blood, much more shall we be saved by him from the wrath of God.
- 10 For if while we were enemies we were reconciled to God by the death of his Son, much more, now that we are reconciled, shall we be saved by his life.

Day 4

Psalm 69 – See Day 3

Mark 16:16

16 Whoever believes and is baptized will be saved, but whoever does not believe will be condemned.

Galatians 1:8

8 But even if we or an angel from heaven should preach to you a gospel contrary to the one we preached to you, let him be accursed.

2 Timothy 4:14

14 Alexander the coppersmith did me great harm; the Lord will repay him according to his deeds.

Revelation 6:9-10

- 9 When he opened the fifth seal, I saw under the altar the souls of those who had been slain for the word of God and for the witness they had borne.
- 10 They cried out with a loud voice, "O Sovereign Lord, holy and true, how long before you will judge and avenge our blood on those who dwell on the earth?"

Day 5

Psalm 137

- 1 By the waters of Babylon, there we sat down and wept, when we remembered Zion.
- 2 On the willows there we hung up our lyres.
- 3 For there our captors required of us songs, and our tormentors, mirth, saying, "Sing us one of the songs of Zion!"
- 4 How shall we sing the LORD's song in a foreign land?
- 5 If I forget you, O Jerusalem, let my right hand forget its skill!
- 6 Let my tongue stick to the roof of my mouth, if I do not remember you, if I do not set Jerusalem above my highest joy!
- 7 Remember, O LORD, against the Edomites the day of Jerusalem, how they said, "Lay it bare, lay it bare, down to its foundations!"
- 8 O daughter of Babylon, doomed to be destroyed, blessed shall he be who repays you with what you have done to us!
- 9 Blessed shall he be who takes your little ones and dashes them against the rock!

Revelation 18:4-8

- 4 Then I heard another voice from heaven saying, "Come out of her, my people, lest you take part in her sins, lest you share in her plagues; 5 for her sins are heaped high as heaven, and God has remembered her iniquities. 6 Pay her back as she herself has paid back others, and repay her double for her deeds; mix a double portion for her in the cup she mixed.
- 7 As she glorified herself and lived in luxury, so give her a like measure of torment and mourning, since in her heart she says, 'I sit as a queen, I am no widow, and mourning I shall never see.'
- 8 For this reason her plagues will come in a single day, death and mourning and famine, and she will be burned up with fire; for mighty is the Lord God who has judged her."