Psalm 28

1 To you, O Lord, I call;
my rock, be not deaf to me,
lest, if you be silent to me,
I become like those who go down to the pit.
2 Hear the voice of my pleas for mercy,
when I cry to you for help,
when I lift up my hands
toward your most holy sanctuary.
3 Do not drag me off with the wicked,
with the workers of evil,
who speak peace with their neighbors
while evil is in their hearts.
4 Give to them according to their work
and according to the evil of their deeds;
give to them according to the work of their hands;
render them their due reward.
5 Because they do not regard the works of the Lord
or the work of his hands,
he will tear them down and build them up no more.

6 Blessed be the Lord!
For he has heard the voice of my pleas for mercy.
7 The Lord is my strength and my shield;
in him my heart trusts, and I am helped;
my heart exults,
and with my song I give thanks to him.
8 The Lord is the strength of his people;
he is the saving refuge of his anointed.
9 Oh, save your people and bless your heritage!
Be their shepherd and carry them forever.

How can I begin to let Psalm 28 shape my prayer life?

1. Read Psalm 28 as your own prayer each day this week.
2. Pray one short prayer each day in response to Psalm 28. Here are some practical ways to enter into this Psalm for the week:

- Psalm 28 opens with an impassioned – and personal – plea to the LORD in v. 1-2. **Do you cry out lot to God like this?** If the LORD seems distant or "deaf" in your life, call upon him to hear you and respond. Then examine your own life and pray for God to extend his grace to you.
- Before praying for God's judgment on the wicked, the psalmist asks the LORD to not "drag me off with the wicked" (v. 3). Before we ask the Lord to execute his judgment against "the workers of evil," it is wise to first pray that we not be found among them! **Consider whether you "speak peace...while evil is in [your] heart"** (v. 3) **and ask again for the mercy and help of God.**
- Having first submitted himself to the LORD, the psalmist then prays for God's judgment on the wicked. But the psalmist is not seeking personal revenge. The righteous judgment of God has always been the confidence of God's people, beginning with Abraham (see Genesis 18:25). **This week, as you confront evil in the world or face a lack of justice in your own life, intentionally put these matters in the hands of the LORD.**
- In v. 6, the psalmist blesses the LORD for what he will do in response to his prayer, so confident is he that the LORD has heard him! Consider that this confidence likely came before the LORD actually did anything about the evil described in vv.3-4. The psalmist calls the LORD "my Rock" (v. 1), "my strength," and "my shield" (v. 7). Dwell on these images. **Can you say with the psalmist, "in him my heart trusts, and I am helped" (v. 7)?** If not, persist in your prayers; turn to a favourite hymn or song that reminds you that "the LORD is the strength of his people" (v. 8). Ask the LORD to give you the confidence of the psalmist.

NOTES