

“Blessed be the Lord”  
Psalm 28  
(Preached at Trinity, May 30, 2010)

I’m supplying these notes for the benefit of busy pastors who may be engaged in bi-vocational work, feeling the pressure of preparing to preach twice on the Lord’s Day while trying to balance full-time secular work as well as caring for their families. While the notes of another man are no substitute for personal study, I pray that these may aid in the process of preparing to preach.

**Disclaimer:** These are the actual notes I bring with me to the pulpit, which I follow loosely. They are not designed for publication. While I try to make every effort to give proper credit to my sources from the pulpit, adequate citations will sometimes be absent from my notes. If anyone feels their intellectual material has been used without adequate citation, please contact me and I’ll make immediate correction giving credit.

1. Nothing is better than entering into the presence of God. It is glorious to have a *place* of worship; a place to gather with the saints as we meet in the presence of God.  
As I stated last time, it isn’t the building. It is the place of gathering.  
James Montgomery Boice – “There is something to be experienced of God in church that is not quite so easy to experience elsewhere.”
2. Psalm 28 is the third Psalm in a series where David lifts his heart towards the holy dwelling place of God.
  - A. In **Psalm 26** David says his heart was upon the place where God dwells.  
**Psalm 26:8** – “LORD, I have loved the habitation of thy house, and the place where thine honour dwelleth.”
  - B. In **Psalm 27** David stated that his greatest desire was to gather in the house of God for worship.  
**Psalm 27:4** – “One *thing* have I desired of the LORD, that will I seek after; that I may dwell in the house of the LORD all the days of my life, to behold the beauty of the LORD, and to enquire in his temple.”
3. As we enter **Psalm 28** David declares that he lifts his hands in supplication to the holy place of God.  
**Psalm 28:2** – “Hear the voice of my supplications, when I cry unto thee, when I lift up my hands toward thy holy oracle.”
  - A. The word for oracle points to the Holy of Holies.  
ESV, NAS, NKJV – “Holy Sanctuary”  
NIV – “Most Holy Place”
  - B. This was the place where the Ark of the Covenant rested. It was the location of the Mercy Seat.
  - C. It serves as a type of Christ.
4. In this Psalm we find prayer as the focus. We aren’t sure of the exact circumstances surrounding this psalm. The superscription simply reads, “A psalm of David.” But as we may our way through the psalm it is clear that David is once again under attack by wicked men. David lifts up his prayer and finds God ready to hear.  
**Verse 6** serves as the uniting verse of the psalm. David has cried out to God and God has heard.  
**Psalm 28:6** – “Blessed *be* the LORD, because he hath heard the voice of my supplications.”
5. Psalm 18 can be divided into four sections.  
In **Verses 1-2** we find David’s plea for God to hear his prayer from His throne.  
**Verses 3-5** are imprecatory as David prays for God’s justice upon the wicked  
In **Verses 6-7** we find David’s praises to God for hearing his prayer  
In **Verses 8-9** David lifts up his prayer for the holy congregation

- I. In **Verses 1-2** we find David's plea for God to hear his prayer from His throne.
- A. This Psalm flows naturally from Psalm 27
1. In Psalm 27 David ended with the great declaration that those who wait upon God can find great courage  
**Psalm 27:14** – "Wait on the LORD: be of good courage, and he shall strengthen thine heart: wait, I say, on the LORD."
  2. As we enter **Psalm 28** David expresses this courage
    - a. His eye was upon God alone - "Unto thee will I cry"
    - b. God alone served as the source of his confidence  
 "O LORD my rock"
    - c. It would seem that David has prayed this prayer for an extended time and is crying out to God for him to hear – yet he is continuing to "wait" upon the Lord.
  3. David's great plea was for God to hear. This was his desire. This was his only hope. Without God he was no better off than a godless man who died without hope – more particularly, a man in hell where no prayers rise to the ear of God.  
**Psalm 28:1** – "be not silent to me: lest, *if* thou be silent to me, I become like them that go down into the pit."
- B. David lifted his hands in supplication towards God – **Verse 2**
1. He lifted up "supplications" – plural. It carries the idea not only of variety but of continuance, of persevering in prayer.
  2. They were holy hands – David's heart was always drawn to holiness. This will draw him to the imprecatory prayer of **Verses 3-5**  
**1 Timothy 2:8** – "I will therefore that men pray every where, lifting up holy hands, without wrath and doubting."
  3. David looked to the throne of God – the "Holy of Holies"  
 This is a type of Christ, the mercy seat.
- C. For David prayer was essential to his life
1. Is this the desire of your heart?
  2. Do you see prayer as essential to your very life?
- II. **Verses 3-5** are imprecatory as David prays for God's justice upon the wicked
- A. The Psalter has a category called the imprecatory psalms
1. These are prayers calling for the punishment of the wicked. They are motivated by a fiery zeal for God's glory. They reflect God's holiness in righteous judgment and God's people as the instruments of His judgment.
  2. As we read these psalms they often seem harsh to our ears.  
**Psalm 109:8-10** – "Let his days be few; *and* let another take his office. <sup>9</sup> Let his children be fatherless, and his wife a widow. <sup>10</sup> Let his children be continually vagabonds, and beg: let them seek *their* bread also out of their desolate places."

<sup>NAS</sup> **Psalm 139:19-22** – “O that Thou wouldst slay the wicked, O God; Depart from me, therefore, men of bloodshed. <sup>20</sup> For they speak against You wickedly, And Your enemies take *Your name* in vain. <sup>21</sup> Do I not hate those who hate You, O LORD? And do I not loathe those who rise up against You? <sup>22</sup> I hate them with the utmost hatred; They have become my enemies.”

3. We must not forget, however, that this is Scripture. Jesus was not afraid to quote from the imprecatory Psalms (He quoted Psalm 69). We must not despise them.
  4. On one hand we are to love and pray for our enemies  
**Matthew 5:44** – “But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you;”
  5. On the other hand we must always have a holy hatred of sin. There is a difference between moral repugnance and personal vengeance.
    - a. We can have a holy hatred of the sinner while at the same time be filled with pity and a desire for his salvation.
    - b. We can be angry over sin without being sinful in anger  
**Ephesians 4:26-27** – “Be ye angry, and sin not: let not the sun go down upon your wrath: <sup>27</sup> Neither give place to the devil.”
  6. There may come a time in the wickedness of the sinner where wickedness is so persistent and God despising that judgment is all that remains.  
**Matthew 10:14-15** – “And whosoever shall not receive you, nor hear your words, when ye depart out of that house or city, shake off the dust of your feet. <sup>15</sup> Verily I say unto you, It shall be more tolerable for the land of Sodom and Gomorrha in the day of judgment, than for that city.”
    - a. This is what we see of David in the imprecatory psalms. He was innocent of wickedness towards them, yet they had continually cursed him and blasphemed God.  
**Psalm 69:4** – “They that hate me without a cause are more than the hairs of mine head”  
 Our Lord quoted this psalm.
    - b. He was calling upon God to vindicate His (God’s) holiness.
  7. David’s desire was for God to destroy all wickedness from the face of the earth.
    - a. We too pray for this. “Thy kingdom come, Thy will be done in earth as it is in heaven.”  
 Of course we desire this chiefly through regeneration, but we also want God’s justice and the ultimate removal of His enemies.
    - b. Our ultimate foe is Satan whom we want to see destroyed under the mighty hand of God
- B. So David is praying for God’s judgment upon these enemies  
**Psalm 28:4** – “Give them according to their deeds, and according to the wickedness of their endeavours: give them after the work of their hands; render to them their desert.”

1. David's chief interest was the holiness and glory of God. His greatest concern was not for the way they were assaulting him but for the way they were attacking God.  
**Psalms 28:5** – "Because they regard not the works of the LORD, nor the operation of his hands, he shall destroy them, and not build them up."
2. David's desire was for God's vindication of Himself
3. We are often so wrapped up with our own interests we forget God. We get angry but only because we feel our own glory has been assaulted. This is sin! May God grant us to be more concerned for God than for ourselves.

III. In **Verses 6-7** we find David's praises to God for hearing his prayer

**Psalms 28:6** – "Blessed be the LORD, because he hath heard the voice of my supplications."

- A. This is the heart of this psalm
  1. David cried out to God and God heard – (compare with **Verse 1**)
  2. God's answer to David's prayer resulted in great joy for David and the great joy resulted in praise  
**Psalms 28:7** – "The LORD is my strength and my shield; my heart trusted in him, and I am helped: therefore my heart greatly rejoiceth; and with my song will I praise him."
    - a. David saw God as his strength and shield. God gave him strength for battle and protected him.
    - b. David trusted from the heart. This is genuine faith – heart faith.
- B. Oh that we might have such a heart!!
  1. To see God as our strength and shield is the height of faith. This is what it means to rest in Him. It means that while we labor with all our strength it is truly all of God. It means that we trust in His provision.
  2. Oh that we might have a heart that overflows in praise. That our hymnody might explode with joy and praise.

IV. In **Verses 8-9** David closes by lifting up his prayer for the holy congregation

- A. God was not David's God alone
  1. All of God's people experience the almighty presence of God  
**Psalms 28:8** – "The LORD is their strength, and he is the saving strength of his anointed."  
He is their strength
  2. David calls them God's anointed. Anointed refers to one set apart. It is usually used of Christ. The name Christ means anointed
    - a. God's people are also anointed or set apart. We are set apart as God's possessions, set apart as the redeemed, and set apart from the corruption of this world
    - b. This is the essence of holiness. The people of God are holy.
- B. David closes by lifting them up in prayer – **Verse 9**
  1. Save them, bless them, feed them, lift them up
  2. David saw himself as being a part of God's holy people. He shared covenant with them. As their king he was responsible for them.
- C. This speaks volumes to us

1. We have a duty to lift one another up in prayer.
2. We are a kingdom of priests. This means we have direct access before God through Christ. It also implies that we must stand before God on behalf of our brethren.  
**Ephesians 1:16** – “Cease not to give thanks for you, making mention of you in my prayers;”  
**Romans 1:9** – “For God is my witness, whom I serve with my spirit in the gospel of his Son, that without ceasing I make mention of you always in my prayers;”
3. Our church covenant is a reminder to us of our Biblical duty for one another  
 I further promise, therefore, to watch over my brothers and sisters in Christ in brotherly love, and faithfully warn, exhort, and admonish them as occasion may require; to recognize my brother’s and sister’s liberty of conscience in Christ and not judge them in a thing not commanded by God; to remember them in prayer; to aid the brethren in sickness and distress; to cultivate Christian compassion and courtesy in speech; to be slow to take offense, but always ready for reconciliation, and mindful of the commands of our Savior to obey them without delay.

#### Conclusion:

1. May prayer be the overwhelming outflow of our life. May our great **Psalms 28:1-2** – “Unto thee will I cry, O LORD my rock; be not silent to me: lest, *if* thou be silent to me, I become like them that go down into the pit. <sup>2</sup> Hear the voice of my supplications, when I cry unto thee, when I lift up my hands toward thy holy oracle.”
2. May God grant us to pray with confidence and expectation that God hears us and will answer us according to His good pleasure and perfect will.

