

Heart to Heart with the Living God

Psalm 69

"Scorn has broken my heart and left me helpless; I looked for sympathy, but there was none, for comforters, but I found none." Psalm 69:20 (NIV)

Day 1: Read Psalm 69.

1. David is crying out to God. What does he want God to do? (vv. 1, 13-18)
2. David's cry is insistent and desperate. Why is he in such a state? (vv. 3, 17-18)
3. What is his complaint? (vv. 4, 7-12, 19-21)
4. What does David compare his situation to? (vv. 1-2, 14-15)

Day 2: Read Psalm 69.

5. David is experiencing two types of suffering: punishment and religious persecution.
 - a. Punishment from God (v. 26) Why? (v. 5)
 - b. Persecution from those around him (vv. 7-12) Why? (vv. 7, 9-11)
6. The word "scorn" is repeated four times (vv. 7, 10, 19-20).

The American Dictionary of the English Language defines scorn as: "Extreme contempt; that disdain which springs from a person's [low] opinion of [another] of a...belief in his own superiority or worth...to despise, condemn, disdain, to think unworthy, to slight, disregard, neglect."

- a. What kind of words and behavior does that word make you think of?
 - b. David says, "Scorn has broken my heart and left me helpless" (v. 20). Why do you think scorn is so destructive?
 - c. Think of someone you have scorned. What kind of words could counteract the destructive effects of scorn?
7. David might be tempted to give up and stop crying out to God for help. What is the one thing about God that he can be absolutely sure of? (vv. 13, 16, Ps. 86:5; 103:17-18)

Day 3: Read Psalm 69.

This psalm is one of the most quoted psalms in the New Testament. It helped the early Christians understand how the Messiah, Jesus, was both the returning King—the "Son of David"—and the Suffering Servant. It helped the Apostles realize that it was in the midst of unjust and horrific suffering that Jesus became the conquering King.

8. Look up the New Testament verses below and see how Jesus' suffering is described. Then, in column 3, list verses in Psalm 69 that describe how David suffered in the same way.


	What happened to Jesus?	Parallel verses in Psalm 69
Jn. 1:11		
Jn. 2:13-17		
Mt. 26:36-39		
Mt.27:27-31		
Mt. 27:33-34		
Mt. 27:45-46		

9. Jesus suffers on the cross, bearing all of God's wrath against sin. But he also suffers in another way. When the crowds mock, insult and humiliate Jesus, who are they really scorning and rejecting? (vv. 7; 9b; Jn.15: 23-25)

Day 4: Read Psalm 69.

10. David doesn't hold back when he talks about his enemies. What does he think God should do to them concerning their:

- a. plotting and plans (vv. 22, 27)
- b. bodies (v. 23)
- c. relationship to God (v. 24)
- d. families and heritage (v. 25)
- e. eternal destiny (vv. 27-28)

11. How does Jesus respond to his enemies? (Mt. 27:12-14; Lk. 23:33-34; *Isa. 53: 7)


12. How should we respond to our enemies? (Rom. 12:14, 17-21)

13. How should we respond to unjust suffering? (1 Pet. 2:19-23; 4:19) Why?

Day 5: Read Psalm 69.

14. Knowing the way to respond to our enemies and unjust suffering is not always easy. Sometimes like David we feel impatient with God and filled with anger and revenge.

- a. When have you ever felt this way?
- b. Have you found it hard to pray while you are in the midst of this kind of emotional and spiritual turmoil? Why?
- c. Why can you confidently pour out all your raw emotions to Jesus? (Heb. 2:17-18; 5:7-10)

*The  symbol indicates verses for further study.