

Psalm 70

Psalms 70:1-5 [New King James] *“Make haste, O God, to deliver me! Make haste to help me, O LORD! Let them be ashamed and confounded who seek my life; let them be turned back and confused who desire my hurt. Let them be turned back because of their shame, who say, ‘Aha, aha!’ Let all those who seek You rejoice and be glad in You; and let those who love Your salvation say continually, ‘Let God be magnified!’ But I am poor and needy; make haste to me, O God! You are my help and my deliverer; O LORD, do not delay.”*

These verses are a direct repeat of **Psalms 40:13-17**, yet even in his moment of panic David did **not** forget to praise the Creator God. Praise is important because it helps us to remember Who the Creator God is.

Too often our prayers are filled with requests for ourselves and others, and we forget to thank the Creator God for what He has done for us and all humanity and to worship Him for Who He is.

Never take the Creator God for granted and treat Him like a vending machine for personal blessings.

Even when David was afraid, he praised and thanked the Creator God.

When others disappoint or threaten us, we feel empty, as if a part of us has been stolen.

When others break the trust we have placed in them, they also break our spirit.

At such a time in our personal life we need to join the Psalmist to beg the Creator God to rush to our aid, for He alone can fill our lives again with joy, [verse 4], especially when greatly tempted to sin.

Another very helpful scripture when we find ourselves under the pressure of trials and disappointment is found in the writing of the apostle Paul who knew personally many trials and disappointments.

Paul was writing to a Christian Church that was in a city that was full of idolatry and immorality, where Christians were under great pressure to conform with this corrupt society.

1 Corinthians 10:13 [New King James] *“No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.”*

When we are under pressure we must remember we are not alone in such a situation.

Also, God will not allow us to be tested beyond what we are able to bear, though our limit of endurance may be much lower than the Creator God knows that with the help of the indwelling Holy Spirit we can successfully come through victoriously, [Galatians 5:22-25]. Note the words “long-suffering” as one of the “fruits” of our close relationship with the Holy Spirit.

2 Timothy 2:22 [New King James] *“Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart.”*

Also note that the **first** physical step to deal with a situation where we are tempted to sin is to “flee,” this will lead us to victory over the temptation and when coupled with prayer will assure victory.

Never delay calling for the help of our Saviour and Creator God.