



# Digesting Life

Psalm 57



# *Digesting Life*

Psalm 57



"...bowed down in distress." (Psalm 57:6)

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# 1 Samuel 22:1

“When [David’s] brothers and his father’s household [found out where David was hiding], they went down to him there. All those who were in **distress** or in debt or discontented gathered around him, and he became their leader.”

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# Psalm 57 Title

*For the director of music. To the tune of “Do Not Destroy.” Of David. A miktam. When he had fled from Saul into the cave.*

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# Psalm 57:1-2

- <sup>1</sup> Have mercy on me, O God, have mercy on me,  
for in you my soul takes refuge.  
I will take refuge in the shadow of your wings  
until the disaster has passed.
- <sup>2</sup> I cry out to God Most High,  
to God, who fulfills his purpose for me.

# Psalm 57:1-2

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for in you my soul takes refuge.  
I will take refuge in the shadow of your wings  
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- <sup>2</sup> I cry out to God Most High,  
to **God, who fulfills his purpose for me.**

# What would be left in the story of David if we took out all his problems?

- ✓ There wouldn't be many psalms.
- ✓ There wouldn't be much to 1 Samuel.
- ✓ There wouldn't be much to 2 Samuel.



# The word “distress”

“to pull you apart slowly”

“to stretch you; to draw you tight”

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“to pull you apart slowly”

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The Hebrew concept of distress = a cramped,  
narrow space

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# The word “distress”

“to pull you apart slowly”

“to stretch you; to draw you tight”

The Hebrew concept of distress = a cramped,  
narrow space

Life has “gotten in your face.”

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# Psalm 22:11-12

- <sup>11</sup> Do not be far from me,  
for trouble is near  
and there is no one to help.
- <sup>12</sup> Many bulls surround me;  
strong bulls of Bashan encircle me.

# What is the great “Why?” behind distress?

Do I go through distress only to come out the other side with nothing but a scar?

No, there is a divine why behind our distress, even if we don't now what it is.

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# This is only a test

Test = a process whereby something is brought to its fullest potential; a procedure to see what's really there.

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# This is only a test

Test = a process whereby something is brought to its fullest potential; a procedure to see what's really there.

God has placed his spirit in us. That's what our theology says. But has our theology become actuality?

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# 1 Peter 1:6-7

...all kinds of trials. These have come so that your faith—of greater worth than gold, which perishes even though refined by fire—may be **proved genuine** and may result in praise, glory and honor when Jesus Christ is revealed.

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# James 1:2-4

Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything.

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# Digestion

Digestion = a process of breaking down the food into a form your body can use.

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# “All Gone”



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King David—under great pressure—believed in the goodness of God despite the wickedness of man, and he worshiped God from inside the middle of that pressure.

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# Digesting Life

King David—under great pressure—believed in the goodness of God despite the wickedness of man, and he worshiped God from inside the middle of that pressure. Let us do the same.

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# Digesting Life

King David—under great pressure—believed in the goodness of God despite the wickedness of man, and he worshiped God from inside the middle of that pressure. Let us do the same.

***Digest life with faith in order to truly live.***

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