

February 22, 2026

Psalm 7

O Lord my God, in you do I take refuge; save me from all my pursuers and deliver me,² lest like a lion they tear my soul apart, rending it in pieces, with none to deliver.³ O Lord my God, if I have done this, if there is wrong in my hands,⁴ if I have repaid my friend^[b] with evil or plundered my enemy without cause,⁵ let the enemy pursue my soul and overtake it, and let him trample my life to the ground and lay my glory in the dust. Selah

⁶ Arise, O Lord, in your anger; lift yourself up against the fury of my enemies; awake for me; you have appointed a judgment.⁷ Let the assembly of the peoples be gathered about you; over it return on high. ⁸ The Lord judges the peoples; judge me, O Lord, according to my righteousness and according to the integrity that is in me.⁹ Oh, let the evil of the wicked come to an end, and may you establish the righteous—you who test the minds and hearts, O righteous God!¹⁰ My shield is with God, who saves the upright in heart. ¹¹ God is a righteous judge, and a God who feels indignation every day.¹² If a man does not repent, God will whet his sword; he has bent and readied his bow; ¹³ he has prepared for him his deadly weapons, making his arrows fiery shafts.¹⁴ Behold, the wicked conceives evil and is pregnant with mischief and gives birth to lies.¹⁵ He makes a pit, digging it out, and falls into the hole that he has made.¹⁶ His mischief returns upon his own head, and on his own skull his violence descends.¹⁷ I will give to the Lord the thanks due to his righteousness, and I will sing praise to the name of the Lord, the Most High.

Scriptures for further study:

2 Corinthians 5:21

1 Peter 2:23

Psalms 139:23-24

Romans 12:9-21

James 1:13-15

“That is, he had placed himself in God’s hands, and so within God’s will, where there is peace, whatever the outcome.”

- Derek Kidner from verse 1

“It is especially appropriate as the last word in this psalm, announcing in faith, as an ever-present fact, the exhalation which verses 6 [and following] long to see proclaimed in power.”

- Derek Kidner



Calling on the Righteous One Psalm 7

BIG IDEA: When faced with the unrighteousness of our sinful world and our sinful hearts, let us seek the face of the Righteous One, who humbles us, protects us, defends us, and gives us hearts filled with worship.

OUTLINE

1. Seeking the Lord (verses 1-2)
2. Opening our hearts to the Lord (verses 3-5)
3. Seeking the righteousness of the Lord (verses 6-11)
- 4 . The pathway of sin and unrighteousness (verses 12-16)
- 5 . Worshipping the Righteous One (verse 17)

DISCIPLESHIP DURING THE WEEK

These “Sermon Discussion Questions” are designed for study during the week for believers in a wide variety of ages & stages in their walk with Christ.

1. Where do you go for help when you are faced with the brokenness of our world? How would you react if someone were telling lies about you?
2. God’s attribute of righteousness is mentioned multiple times in this psalm. What does it mean that God is righteous? Why would David emphasize this attribute of God in this psalm?
3. What do we learn about one of the ways that David reacted to the lies that were told about him in verses 3-5?
4. How did David pray to the Lord about this situation in verses 6-11? How often do you pray like this?
5. What do we learn about the pathway of sin and unrighteousness in verses 12-16?
6. Are you surprised at how David ends this psalm in verse 17 with worship? Why or why not?
7. What did this psalm teach you about God and about us and about our prayer life?

“Say how you feel. Ask for what you want. Trust God for the results. You can. He has already given you His Son. He will now give you everything else you need (Romans 8:32!)”

- Mark Futato

HISTORICAL CONTEXT

This is another individual lament from David. The title refers to an otherwise unknown incident in his life when a man of Benjamin (the tribe of Saul) slandered David. The psalm provides a vehicle by which those unfairly criticized and persecuted may call to God for help.

-ESV Study Bible

David's sufferings are not only anticipatory of Christ's sufferings. They are also an example of how all of God's children suffer in union with their Savior. Like his descendant Jesus, David is the victim of betrayal by a fellow Israelite from a friendly tribe. Honest about his own heart, however, David invites God to scrutinize his conscience.

-ESV Gospel Transformation Study Bible

Praise to Jesus – Gracious and merciful Father, we praise You as the God of steadfast love and lavish grace, who hears the cries of the weary and does not turn away from our tears.

Repent through Jesus – We confess that in our pain, we often withdraw in silence, doubt Your nearness, or look for comfort everywhere except in You; forgive us for trusting our instincts more than Your promises and our coping more than Your care. Thank You that in Jesus Christ, Your mercy has been fully revealed, Your compassion has been proven at the cross, and Your love toward us is secure forever.

Consecration for Jesus – Now consecrate us by Your Spirit: teach us to bring our sorrow honestly to You, to trust confidently that You hear and will answer, and to rest our hope in Christ alone, who turns our tears into prayer and our weakness into faith. Through Jesus we pray, amen!!!

FOR FAMILIES AND YOUNG CHILDREN

These questions are written to aid parents in leading family devotions with their children.

1. What do the terms, righteous and righteousness, mean? (Righteous and righteousness speak to God's holiness and how that is applied to our relationships. These terms speak to how God is right in how He deals with us.)
2. Talk with your children about how the title of this psalm and the content of the psalm show us that "Cush, the Benjaminite," spoke lies about David.
3. How do verses 1-2 show David's faith and trust in God? (We see David's faith since his reaction to these lies told about him is to pray to God. In fact, he addresses God as "my God" in verse 1.)
4. What do we learn about how David reacted to these lies in verses 3-5? (In these verses, David opens his heart to God to ask for Him to reveal any wrongdoing that he might have done in this case. This is an important and Godly way to react. We should pray often that God searches our hearts and reveals our sins.)
5. In verses 6-11, how does David pray about this situation? (He appeals to God's righteous judgment. Talk with your children about how God's righteous judgment should comfort us that no one will get away with sinning. But God's righteous judgment should convict us since we still battle with our sin. Make sure to remind your children that Christ's death on the cross paid the penalty for all who trust in Jesus as their Lord and Savior.)
6. How does David end this psalm in verse 17? What does this teach us? (David ends with worship in verse 17. We don't know if this worship came quickly to David or whether this took some time for his heart to worship God during this difficult situation.)

Recommended Resource to study the Psalms with your children:

WonderFull: Ancient Psalms Ever New by Marty Machowski

Scriptures for further study:

Psalms 139:23-24

2 Corinthians 5:21

Romans 3:21-26

FOR STUDENTS

Scriptures for further study:

Psalms 139:23-24

Romans 3:21-26

2 Corinthians 5:21

1 Peter 2:23

Romans 12:9-21

1. Think about a time when someone misunderstood you, lied about you, or judged you unfairly. How did you respond? How does David's instinct to run to God in verses 1-2 encourage you to process your pain through prayer?

2. In verses 3-5, David asks God to examine his heart and actions. Why is this kind of self-examination important when we feel wronged? How can inviting God to search us help us respond with humility and honesty?

3. Verses 6-11 show David praying for God's righteous judgment. In a world where justice often feels delayed or distorted, how does God's perfect righteousness bring hope?

4. David says that "God is a righteous judge" (v.11). Why is that both comforting and convicting? How do passages like Romans 3:21-26 and 2 Corinthians 5:21 help us understand the beauty of God's justice and mercy?

5. In verses 12-16, David describes the consequences of unrepentant sin. What do you think it means to "dig a pit" for someone else but fall into it yourself (v. 15)? Have you ever seen or experienced the self-destructive nature of sin?

6. David ends the psalm in verse 17 with worship. Why do you think he turns to worship even before his situation is resolved? How does worship strengthen our trust in God's character during difficult seasons?

7. What does this psalm teach us about how to pray when we feel attacked, mistreated, or overwhelmed by sin—either our own or others? What do we learn about God in the way David talks to Him?

FOR NON-BELIEVERS OR NEW BELIEVERS

1. General Questions:

How do the attributes assigned to God in this Psalm (e.g., refuge, shield, warrior, judge, etc.) correspond to the circumstances David is crying out to God about? How can you spend more time in your prayers focusing on the Lord and his good attributes, and not just fixating on your problems? Why do you think so many of the Psalms, including this one, end with the Psalmist worshiping and praising God?

2. While David seems confident of his righteousness and integrity (v.8), he also opens up the possibility that he may not be entirely innocent (vv.3-4). Question: Why is it so easy for us to assume that “the other guy” is at fault, and certainly we are in the right? Why is it healthy and necessary for us to spend time considering our own hearts and lives first?

3. Psalm 7 impresses upon us the truth that God is the righteous judge. Sometimes we experience his justice in this life, but often God’s final judgment and righting of all wrongs is not rendered until Christ returns to judge the world.

Question: The Westminster Confession of Faith, Chapter 33, might shed some light on Psalm 7. It states that “Christ wants us to be completely convinced that there is going to be a day of judgment, as a deterrent to sin for everyone and as an added consolation for the godly in their suffering.” What would it mean for all of us to have this kind of “conviction”?

4. In verse 12, David speaks of the importance of repenting.

Question: According to verses 12-16, what are the two primary reasons the Psalmist gives for why one should repent? (Hint: God’s wrath and the futility of our sin, which sometimes ends up coming back on us.) In what sense might we say, therefore, that God’s wrath is both active and passive?

The Blessed Life: A Study of the Psalms



"The Light of the World" (1851-1853) by William Holman Hunt

Psalms Introduction

The Book of Psalms is the sacred place where the living God meets His people in the most intimate and personal of ways. He invites them to know Him not merely as an idea, but as their refuge, portion, shepherd, and King. From the opening doorway of blessedness in Psalm 1 to the climactic Hallelujahs of Psalm 150, the Psalter reveals that the truly happy life is one rooted in the person and work of Almighty God, whose steadfast love holds His people through every season of the soul. As the Psalter moves from anguish to adoration, from darkness to dawn, it becomes a mirror of the Christian life itself. It teaches us to pray honestly, to hope stubbornly, and to sing faithfully, even when night seems long. In the deepest valleys, the Psalms give voice to the church's groan; on the highest heights, they train the church's doxology. And in every line, every cry, and every hallelujah, Christ Himself comes near, revealing the light of the world in the dark night of the soul and leading His people into the blessedness that only His grace can give.

– Pastor Bill

About the artwork and artist.

The Light of the World, 1851-1853, is an iconic allegorical painting by William Holman Hunt. The painting depicts Jesus Christ as a regal figure in flowing robes, wearing a crown of thorns, holding a glowing lantern, and preparing to knock on a weed-overgrown wooden door with no external handle. This illustrates Revelation 3:20 from the Bible: "Behold, I stand at the door and knock; if any man hears My voice and opens the door, I will come in to him..." The artist William Holman Hunt is showing us that Jesus is the divine door to the living God who meets His people in the most intimate and personal ways. The closed, overgrown door → representing the human soul or "obstinately shut mind" that has long ignored spiritual calling. There is no handle on the outside → the door can only be opened from within, emphasizing free will and personal invitation to faith. The lantern → Christ as the light of the world (John 8:12), illuminating darkness and offering salvation. The work marked Hunt's deepening Christian faith (from earlier agnosticism) and became one of the most reproduced and devotional images of the Victorian era, inspiring oratorios, hymns, and widespread popular piety. It's often called a visual sermon on personal salvation.