

There are many things in life that greatly disturb us and discourage us and depress us and certainly one of the things that can do that is failure. A failure to reach some goal or a failed romance or failed health or a failed job will truly drag a person down. To top it all off, there are enemies who will rub the failure in your face. There are those who will do their absolute best to kick you harder when you are down.

If ever there were a man who knew about this kind of depression it was David. David had sinned against God as a major leader in the program of God. As a result, his enemies were swift to jump on a bandwagon against him. They made life as miserable for him as they possibly could. As a result, David was discouraged and depressed and in that context he wrote Psalm 5.

We may observe from the superscription that this Psalm was written for a flute. David was a man who could play a harp (I Sam. 16:23), but there is no biblical evidence that he could play a flute. It is possible that he was so discouraged that he wanted someone else to play a flute for him. If this is true then David was at a real low point when he wrote it. The fact is many touching songs are written from real circumstances of low points in life.

It seems to me that the primary point of the Psalm is this:

THE KEY TO GETTING OUT OF DEPRESSION IS TO PRAY IN THE MORNING AND KEEP WORSHIPPING GOD AND REFLECTING ON THE CHARACTER OF GOD, AND ON THE FACT THAT HE WILL EVENTUALLY GET RID OF YOUR ENEMIES.

Now this Psalm may be nicely broken down into six key parts:

PART #1 – David’s prayer to God. **5:1-3**

As we read this prayer we see there is an intensity, an urgency and a fervency to it. The progression of the prayer becomes more intense as it develops: “give ear,” “consider,” “heed” and “help.” David was very emotional when he wrote this Psalm and he is asking God to listen to his prayer and carefully consider it and then answer it and help him.

The word “groaning” is one in Hebrew that refers to a fervent cry. The idea is the mind is in such an emotional fervor that one cries to God (William Gesenius, *Hebrew Lexicon*, p. 215). The word “cry” (v. 2) refers to an outcry for help (*Ibid.*, p. 811).

In these opening verses, David refers to God as Jehovah (LORD), as “my King” and “my God.” The word for God is the plural Elohim and the word for King is singular, so this clearly indicates that David had a real grasp of the Trinity when he prayed.

Notice carefully **verse 3**. Twice it is reported that David prayed “in the morning.” Hebrew poetry repeats things for emphasis and the clear emphasis here is that David prayed when he was very discouraged and depressed in the morning.

In fact, when he says “I will order” what he means is “I am placing my specific prayer order before you in the morning.” He is placing his order that very morning and he intended to eagerly watch and wait for God’s answer throughout the day.

Now this reveals a critical point to us; it is very important to get up in the morning and place our prayer orders to God and then eagerly go through the day and look for God to answer. This is a key to getting out of depression. Some people run to a television, newspaper and radio, when they should be running to God. Prayer is critical to overcoming discouragement and it ought to be one of the first things we do early in the morning.

PART #2 – David’s perception of God. **5:4-6**

One thing David kept thinking about when he was discouraged was God’s character and how God typically works:

(Fact #1) - God does not take pleasure in wickedness . **5:4a**

The word “pleasure” means God does not desire nor favor nor delight in those who are doing evil against his chosen (*Ibid.*, p. 296). No one who does evil or is involved in wickedness will ever find the favor of God.

(Fact #2) - God will not live with evil . **5:4b**

God will not fellowship with or live with evil. Those who pursue evil will find no support from God. To dwell with someone means to enter into all the benefits of the relationship. When you live with someone, you partake of all the provisions, blessings and protection that belongs to one who dwells with another.

God will not permit one who is wicked to enjoy His provisions, blessings and protection. He will not live and fellowship with anything evil. David knew that about God.

(Fact #3) - God will not permit the arrogant to stand. **5:5a**

There is no place for arrogance when it comes to God. Never will arrogance fellowship with God nor stand in the presence of God. Some are proud and arrogant and they defy David. But David knew that they would never get away with their arrogance before God.

(Fact #4) - God hates all who do iniquity . **5:5b**

There is an old saying that “God hates the sin, but loves the sinner.” But I want you to carefully observe that the hatred of God is aimed not at the sin, but at “all” who are doing the sin. The word “iniquity” has to do with those who seem to have substance and power and they use their position to do proud, fraudulent and wicked things.

(Fact #5) - God destroys those who speak falsehood. 5:6a

That word “destroy” is one that means to cause one to perish in a wretched and unfortunate condition (*Ibid.*, p. 3). God hates liars and He will make life absolutely miserable for them. Those who speak falsehood against God or His appointed leaders will discover many miserable things will hit them directly from the hand of God.

(Fact #6) - God abhors the man of bloodshed. 5:6b

The word “abhor” means to consider something to be a detestable abomination (*Ibid.*, p. 87). Notice again that God’s hatred is not aimed at the sin, but the person committing the sin. A “man of bloodshed” is a man who will do anything to accomplish his goal, including killing the innocent. God hates and abhors such a person.

(Fact #7) - God abhors the man of deceit. 5:6c

The word “deceit” is interesting because it refers to one who is a fraud, one who uses deceptive means for gain (*Ibid.*, p. 510). Make no mistake about this point; deceitful people are an abomination to God. He detests them.

Now why would David remember these things about God? Because these very kinds of people were lashing out at him and by remembering God’s view of them, he could be delivered from discouragement. God does care for godly, faithful people and eventually He will do something to those who are attacking His own. That is what David knew about God.

PART #3 – David’s portrait of himself. 5:7

Here is a critical factor in getting out of depression; go to the place where God’s Word is accurately taught and worship God. It is completely amazing to realize that many people who get depressed stop coming to church, when that is exactly the one place they should be going so they can get out of their depression.

No matter how difficult things became in David’s life, he portrayed himself as one who loved God, one who would worship God and one who would reverence God. David would go to the house of God to hear the Word of God.

Carefully observe that David did not believe he merited this relationship with God, he believed it was all based on God’s mercy and loving-kindness. His right to worship God and fear God was due to God’s grace.

Notice that true worship is reverent worship. Without proper reverence, there is no true worship.

PART #4 – David’s picture of his enemies. **5:8-9**

There are five pictures David paints of his enemies:

(Picture #1)- David’s enemies were his foes. **5:8**

The word “foes” refers to those who are enemies in the sense of firmly oppressing and twisting things tight, like a rope (*Ibid.*, p. 851). David was discouraged because he was surrounded by enemies who were putting great pressure on him.

(Picture #2) - David’s enemies were unreliable in their speech. **5:9a**

David could not trust anything that any of his enemies said because they were all liars.

(Picture #3) - David’s enemies were destructive inside. **5:9b**

David’s enemies looked good externally, but they were destructive internally. One commentator observed there was nothing but wickedness on the inside of these people.

(Picture #4) - David’s enemies have a throat that is an open grave. **5:9c**

These people literally used their speech to destroy and kill many people, especially David.

(Picture #5) - David’s enemies flatter with their tongue. **5:9b**

David’s enemies were deceptive liars. They would use flattery but that flattery did not reveal the real hatred and animosity they had in their hearts.

This is the way enemies work. They will tell you they love you and love your ministry to your face, but behind your back they are evil and destructive.

Spurgeon said a wolf will always lick a lamb before he kills and devours it and so are those who flatter with their tongues.

PART #5 – David’s petition to God. **5:8-11**

We may understand this under three main petitions:

(Petition #1) - David’s petition to God for himself. **5:8-9**

David asks God to lead him into God’s righteousness and God’s paths. David knew a key to getting out of discouragement was to walk in the way of righteousness, no matter what the pressure.

(Petition #2) - David's petition to God for his enemies. **5:10**

David makes a three-fold prayer request concerning his enemies:

Request #1 - Hold them guilty. **5:10a**

David did not want God letting his enemies off the hook.

Request #2 - Let them fall. **5:10b**

David asks God to topple his enemies by their own devices, which includes their own arrogance and deceit and lies. Basically David is asking God to permit his enemies to hang themselves.

Request #3 - Thrust them out. **5:10c**

David is asking God to literally level them to the ground and trample them and rid the Kingdom of them (*Ibid.*, p. 216).

Now notice the conjunction “for,” which gives the reason for this prayer—they were in total and complete rebellion against God. Their deception and lies against David were really deception and lies against God.

Every faithful person of God has a right to go to God and ask God to take care of their enemies. That is exactly what David does here.

(Petition #3) - David's petition to God for the faithful. **5:11**

David prays and asks God to produce a wonderful, worshipful, singing joy in the souls of all those who take refuge in Him. He asks God to shelter and protect the faithful and to cause those who love Him to exalt Him. A critical key to defeating discouragement is prayer. Pray for yourself, pray for those faithful and pray about your enemies.

PART #6 – David's presumption about God. **5:12**

David knew God would bless the righteous and would surround and protect him with a shield of grace.

Here are some Davidic keys to overcoming depression:

1. Get up in the morning and pray.
2. Remember how God views those who have done evil against you.
3. Go to church with a reverent attitude to hear God's Word and worship God.
4. Specifically tell God what those causing you problems have done.
5. Ask God to take care of your enemies and expectantly wait for Him to do it.
6. Pursue righteousness because you will be protected, joyful, blessed and surrounded by God's grace.