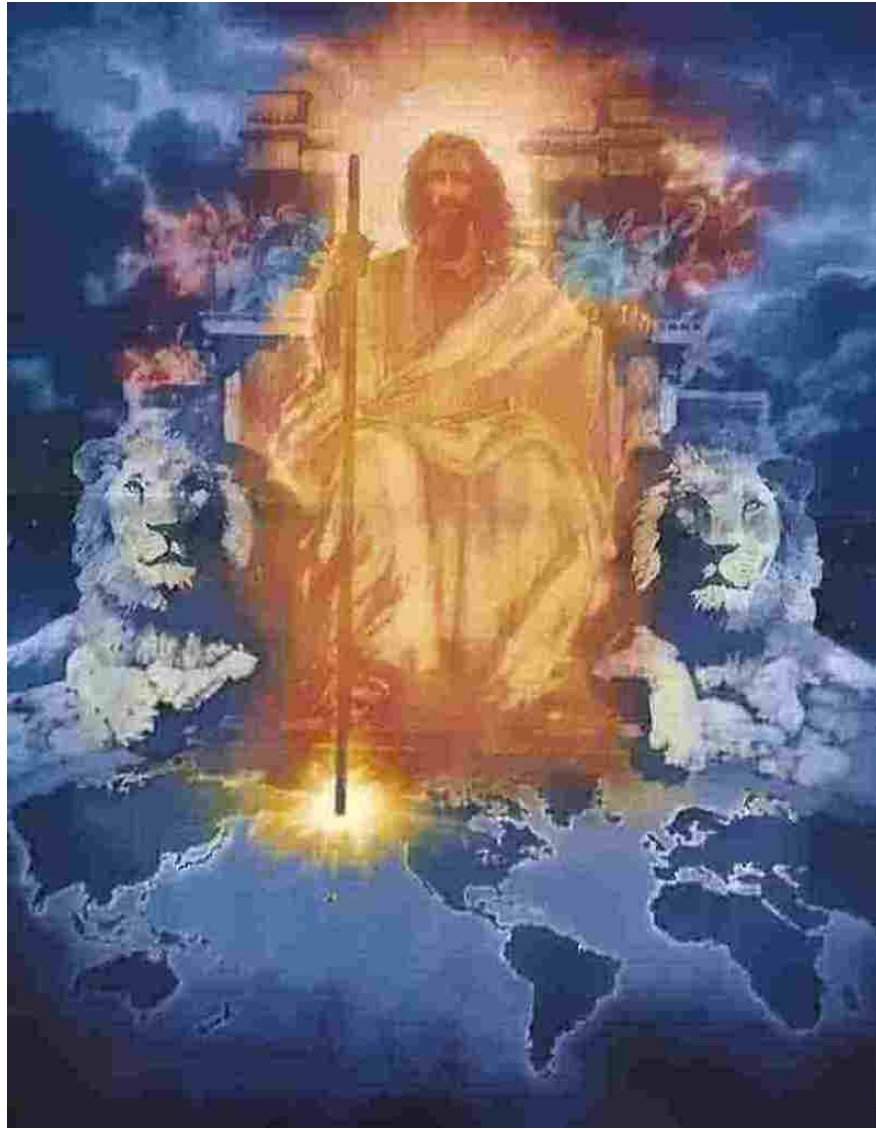


# Psalm 18: God our Redeemer



## Psalm 18 (17) (Mode 2. 5....31 / 4.....32)

Facing certain death the psalmist cried out to the Lord who powerfully intervened and saved him. His enemies were put to flight and with God's strength he pursued them and cut them down. He sees God's action as a reward for his innocence. The psalm celebrates God's constant care for the Davidic dynasty (see verse 50).

Psalm 18 (except for verse 1) is found also in 2Samuel 22.

## I love you, Lord, my strength

This tender verb for love (Hebrew raham, רָחַם) is found 4 times in the psalms, though on the other three occasions it refers to the tenderness of God's love for us. In the whole Bible, only here in Psalm 18 do we find it used of our love for God.

I love you, Lord, my strength,  
my rock, my fortress, and my saviour,  
my God, my rock in whom I take refuge,  
my shield, my mighty help, my stronghold.

I praise you. I call upon you, Lord,  
and I am rescued from my enemies.

The waves of death overwhelmed me;  
the torrents of destruction struck me down;  
the cords of the grave entangled me;  
the nets of death held me trapped.

In my peril I called upon the Lord,  
I cried out to my God for help,  
and my cry pierced through to God's presence.  
From the temple God heard me.

Then the earth reeled and trembled;  
the mountains shuddered.

They were shaken to their foundations;  
and rocks of fire erupted.

God tore open the heavens,  
and descended on a black cloud;  
riding on the cherubim;  
moving swiftly upon the wings of the wind,  
under cover of darkness,  
wrapped in a canopy of cloud.

Lightning announced the presence of God  
with hailstones and flashes of fire.

The Lord thundered in the heavens,  
the voice of the Most High resounded.

God's arrows scattered the foe.

The crashing of the lightning caused them to panic.

Then the ocean bed was revealed,  
the foundations of the world laid bare.

At the thunder of your rebuke, O Lord,  
your anger blazed forth.

‘When all the people witnessed the thunder and lightning, the sound of the trumpet, and the mountain smoking, they were afraid and trembled and stood at a distance’(Exodus 20:18).

‘You approached and stood at the foot of the mountain while the mountain was blazing up to the very heavens, shrouded in dark clouds.’

(Deuteronomy 4:11).



You reached down from on high and seized me.  
You lifted me clear of the mighty waters.  
You rescued me from powerful enemies,  
enemies who were too strong for me.

They came against me  
on a disastrous day,  
but the Lord sustained me and gave me my freedom  
It was the Lord's love that rescued me.

‘You shall no more be termed Forsaken, and your land shall no more be termed Desolate; but you shall be called My Delight Is in Her, and your land Married; for the Lord delights in you, and your land shall be married’(Isaiah 62:4).

‘Commit your cause to the Lord; let him deliver – let him rescue the one in whom he delights!’

(Psalm 22:8).

The Lord rewarded me because I was just,  
repaid me because my actions were pure.  
I have kept to the Lord's ways.  
I have not betrayed the trust of my God.

I have kept before me all God's judgments.  
God's statutes I have not neglected.  
I kept myself blameless,  
and guarded myself against all guilt.

The Lord rewarded me for being just,  
for keeping my actions pure.

You show your love to those who love you.  
To the blameless you show yourself blameless.

With the pure you show yourself pure;  
with the crooked you show yourself astute.  
You give your saving help to the humble,  
but you humble those who are proud.

It is you, Lord, who light my lamp.  
It is you who illumine my darkness.  
With you I can leap into the fray.  
with you, my God, I can scale any wall.

God, your way is perfect;  
Lord, your word is purest gold.  
You are a shield for those  
who find in you their refuge.  
For who is God if not the Lord?  
Who is the rock if not our God?

# Yogananda

In this your temple  
With your own hand,  
Light the lamp of your love.  
Turn my darkness into light.  
Turn my darkness into light.

God girds me with strength;  
my way is sure,  
You make my feet like those of a deer.  
You set me secure on the heights.

You train me for combat.  
You teach me to draw the heavy bow.  
You are my saving shield.  
You have supported me in every way.

You secure the path for my steps,  
and I keep my footing.  
I pursue my enemies and overtake them;  
I do not turn back until they are defeated.

I strike them down, so that they cannot rise.

They fall under my feet.

You gird me with strength for the battle;

you make my assailants fall down before me.

You put my enemies to flight,

and reduce my adversaries to silence.

They cry for help, but there is no one to save them.

In vain they cry to the Lord.



You crush them like fine dust before the wind.

You tread them down like dirt in the street.

You rescue me from the wrangling of my people.

You make me head of the nations.

A foreign people take me as their lord.

They submit to me because of my fame.

Foreigners come cringing to me. They lose heart,  
and come trembling out of their strongholds.

The Lord lives! Blessed be my rock!

Be exalted, my God and saviour!

God, you avenge me and subdue peoples under me,  
you rescue me from my foes.

You rescue me from the violent,  
and above my adversaries you exalt me.  
For this I will extol you, Lord, among the nations,  
and sing of your power and your name.

You give a great victory to your king,  
showing love to your anointed.

You reveal your love for David  
and for his descendants for ever.

‘Incline your ear, and come to me;  
listen, so that you may live.

I will make with you an everlasting covenant,  
my steadfast, sure love for David.

See, I made him a witness to the peoples,  
a leader and commander for the peoples.

See, you shall call nations that you do not know,  
and nations that do not know you shall run to you,  
because of the Lord your God, the Holy One of Israel,  
for he has glorified you’(Isaiah 55:3-5).

‘In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to the one who was able to save him from death, and he was heard because of his reverent submission.’

(Hebrews 5:7).

‘God also highly exalted him and gave him the name that is above every name’(Philippians 2:9).

‘He is the head of the body, the church; he is the beginning, the firstborn from the dead, so that he might come to have first place in everything.’

(Colossians 1:18).

‘God put this power to work in Christ when he raised him from the dead and seated him at his right hand in the heavenly places, far above all rule and authority and power and dominion, and above every name that is named, not only in this age but also in the age to come. And he has put all things under his feet and has made him the head over all things for the church, which is his body, the fullness of him who fills all in all’(Ephesians 1:20-23).