

May 10, 2026

Psalm 28

To you, O Lord, I call; my rock, be not deaf to me, lest, if you be silent to me, I become like those who go down to the pit. ²Hear the voice of my pleas for mercy when I cry to you for help, when I lift up my hands toward your most holy sanctuary. ³Do not drag me off with the wicked, with the workers of evil, who speak peace with their neighbors while evil is in their hearts. ⁴Give to them according to their work and according to the evil of their deeds; give to them according to the work of their hands; render them their due reward. ⁵Because they do not regard the works of the Lord or the work of his hands, he will tear them down and build them up no more. ⁶Blessed be the Lord! For he has heard the voice of my pleas for mercy. ⁷The Lord is my strength and my shield; in him my heart trusts, and I am helped; my heart exults, and with my song I give thanks to him. ⁸The Lord is the strength of his people; he is the saving refuge of his anointed. ⁹Oh, save your people and bless your heritage!

Scriptures for further study:

Philippians 4:6-7

1 Peter 5:7

Hebrews 4:15-16

1 Peter 2:9-10

Deuteronomy 9:26,29

"I have learned to kiss the wave that throws me against the Rock of Ages."

- Charles Spurgeon

"It is wonderful that God should count us as His most valuable possession."

- Derek Kidner



Praying to and Praising the Rock of Ages Psalm 28

BIG IDEA: Because God, the Almighty and Sovereign One, has saved us, then we may go to Him with confidence when we face the struggles of life.

OUTLINE

1. Prayer for Help and Justice (vv. 1-5)

2. Praising our Rock and Strength (vv. 6-9)

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. When life gets tough, who do you go to for help? Why?
2. What images of God does David use in this Psalm? What do we learn about God from these images?
3. What does David ask of God in verses 1-5?
4. What does it mean to exult in God? Why did David exult in God in the Psalm? How can you exult in Him this week?
5. In verse 9, David refers to God’s people as His “heritage.” What does that mean? How does this change or shape how you pray to God?
6. Where do you see Christ in this Psalm?

HISTORICAL CONTEXT

Psalm 28 is a lament, a cry for help amid the threat posed by evildoers. It is not clear whether the threat is to the individual or to the whole community; if the speaker is a representative figure like King David, he could be speaking both for himself and for the community. It is probably best to see the hostility as a threat to the whole community (vv. 8–9), which each of the faithful is personally involved in (the references to "I," "me," and "my" throughout).

-ESV Study Bible

Praise to Jesus – Praise the Lord through Jesus for His astounding grace — for without Him we would find ourselves in the camp of the wicked. Not so! We can pray with bold authenticity. Through Jesus, we are assured that God will protect His people. Praise Him because He has saved us, is saving us, and will surely save us to the very end.

Repent through Jesus – Spend time today in confession and repentance. Confess the times when you allowed fear to squelch your faith by seeking deliverance from anything or anyone other than Him. Confess the times that you have lobbed accusations or retaliated against others rather than praying for your enemies and trusting that the Lord sees all — and that to Him alone belongs vengeance.

Consecration for Jesus – Our confidence comes from the Lord, who offers each of His people fellowship with Him through Jesus Christ. Because of Him, our confidence rests in the God who sees all and saves His people. This settles our hearts into quiet joy — even before the difficulties we face are resolved, we trust each moment to the Lord and proclaim His excellencies to the nations.

FOR FAMILIES AND YOUNG CHILDREN

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

1. Where do you go when you need help? Your parents, your teachers, or your friends? Why do you go to that person?
2. This Psalm speaks of God as “my rock” (v.1), “my strength and my shield” (v.7), and “saving refuge” (v.8). Do you ever pray to God using any of these types of terms? Why or why not? What do these terms teach us about God? (This psalm reminds us that God is Almighty and that is meant to give us courage and confidence in Him as we face struggles.)
3. In verses 1-5, we read David praying to God for help. What do you need help with this week? Take time to pray for those things today.
4. Look up verse 7 in other translations such as the NIV or NLT. How do those translations of “exult” help you understand this verse and this word? What are the reasons for us to exult in Jesus today?
5. What did you learn about God from this Psalm? What did you learn about yourself? What did you learn about prayer?

Scriptures for further study:

Philippians 4:6-7

1 Peter 5:7

Hebrews 4:15-16

FOR STUDENTS

Scriptures for further study:

Psalm 18:2

Romans 12:19

Philippians 4:6–7

1 Peter 5:7

Ephesians 1:18

Lamentations 3:55–58

1. Psalm 28 opens with David crying out to God and begging Him not to be silent. Have you ever prayed and felt like God wasn't answering, like you were talking to a wall? What did you do with that? What does it tell you that David prays this way openly?
2. Look at verses 3–5. David asks God not to treat him like the wicked, people who speak peace to others but have evil in their hearts. Where in your own life is there a gap between what you say and what you actually think or want? How does that gap affect your relationship with God?
3. In verses 6–7, David's tone flips completely. He goes from desperate petition to full-on praise, apparently before his circumstances have even changed. What do you think happened to David between verses 1 and 7? What would it look like for you to praise God before you see the answer?
4. David prays for justice, not personal revenge. That's a real distinction. When someone wrongs you, what's your honest first instinct: justice or payback? What's the difference, and why does it matter?
5. Verse 7 says, "The LORD is my strength and my shield; in him my heart trusts." Trust is easy to say and hard to actually do. What is one specific area of your life right now where you are not trusting God, where you're relying on yourself, a friend, or just hoping things work out?
6. Verse 9 describes God's people as His "heritage," His most prized possession. Not a project, not a burden, a treasure He holds onto. How does that change the way you see yourself? How does it change the way you see the people around you at church or in your student ministry?

FOR NON-BELIEVERS OR NEW BELIEVERS

1. The Psalm begins (verse 2) with a petition for God to hear David's cry for mercy. Later, in verses 6-7, we see that David's prayer has evidently been answered, which produces in David a heart of joy and a song of thanks.

Question: When God answers our cries for mercy, do we likewise take the time to give him praise and thanks for answered prayer?

2. What are some of the many attributes, metaphors, and descriptions of God that David employs throughout this Psalm? How can focusing on these (and other) attributes of God help stimulate our own prayer life too?

3. David prays for divine justice to be done, not for personal vengeance against his enemies.

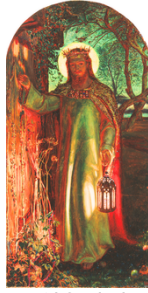
Question: Why is this distinction important?

Question: Why is it that we so deeply feel the healthy desire to see all present wrongs righted one day? How does our biblical conviction regarding a coming day of judgment act as a comfort and encouragement to us in this present age?

4. Verse 9 calls upon God to "save your people" and "bless your inheritance." According to Mark Futato, David is saying here that God's people are his heritage, or in other words, that we are his most valued possession.

Question: How does that both humble and amaze us to think of how much God prizes us?!

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.