

*David's Psalm of Deliverance*

22:1 <sup>a</sup>AND David spoke <sup>b</sup>the words of this song to the LORD in the day that the LORD delivered him from the <sup>1</sup>hand of all his enemies and from the <sup>1</sup>hand of Saul. 2 And he said,

- <sup>a</sup>The LORD is my <sup>1</sup>rock and my fortress and my deliverer;  
3 <sup>1</sup> <sup>a</sup>My God, my rock, in whom I take refuge;  
My <sup>b</sup>shield and <sup>c</sup>the horn of my salvation, my stronghold and <sup>d</sup>my refuge;  
My savior, Thou dost save me from violence.
- 4 “I call upon the LORD, <sup>a</sup>who is worthy to be praised;  
And I am saved from my enemies.
- 5 “For <sup>a</sup>the waves of death encompassed me;  
<sup>b</sup>The torrents of <sup>1</sup>destruction <sup>2</sup>overwhelmed me;  
6 <sup>a</sup>The cords of <sup>1</sup>Sheol surrounded me;  
The snares of death confronted me.
- 7 “<sup>a</sup>In my distress I called upon the LORD,  
Yes, I <sup>1</sup>cried to my God;  
And from His temple He heard my voice,  
And my cry for help *came* into His ears.
- 8 “Then <sup>a</sup>the earth shook and quaked,  
<sup>b</sup>The foundations of heaven were trembling  
And were shaken, because He was angry.
- 9 “Smoke went up <sup>1</sup>out of His nostrils,  
<sup>a</sup>And fire from His mouth devoured;  
<sup>b</sup>Coals were kindled by it.
- 10 “He bowed the heavens also, and came down  
With <sup>a</sup>thick darkness under His feet.
- 11 “<sup>a</sup>And He rode on a cherub and flew;  
And He <sup>1</sup>appeared on <sup>b</sup>the wings of the wind.
- 12 “<sup>a</sup>And He made darkness <sup>1</sup>canopies around Him,  
A mass of waters, thick clouds of the sky.
- 13 “From the brightness before Him  
<sup>a</sup>Coals of fire were kindled.
- 14 “<sup>a</sup>The LORD thundered from heaven,  
And the Most High uttered His voice.
- 15 “<sup>a</sup>And He sent out arrows, and scattered them,  
Lightning, and <sup>1</sup>routed them.
- 16 “Then the channels of the sea appeared,  
The foundations of the world were <sup>1</sup>laid bare,  
By the rebuke of the LORD,  
<sup>a</sup>At the blast of the breath of His nostrils.
- 17 “<sup>a</sup>He sent from on high, He took me;  
<sup>b</sup>He drew me out of many waters.
- 18 “He delivered me from my strong enemy,  
From those who hated me, for they were too strong for me.
- 19 “They confronted me in the day of my calamity, <sup>a</sup>But the LORD was my support.

20 <sup>a</sup>“He also brought me forth into a broad place;  
He rescued me, <sup>b</sup>because He delighted in me.

21 <sup>a</sup>“The LORD has rewarded me according to my righteousness;  
<sup>b</sup>According to the cleanness of my hands He has recompensed me.

22 <sup>a</sup>“For I have kept the ways of the LORD,  
And have not acted wickedly against my God.

23 <sup>a</sup>“For all His ordinances *were* before me;  
And *as for* His statutes, I did not depart from <sup>1</sup>them.

24 <sup>a</sup>“I was also <sup>1</sup>blameless toward Him,  
And I kept myself from my iniquity.

25 <sup>a</sup>“Therefore the LORD has recompensed me according to my righteousness,  
According to my cleanness before His eyes.

26 <sup>a</sup>“With the <sup>1</sup>kind Thou dost show Thyself <sup>1</sup>kind,  
With the <sup>2</sup>blameless Thou dost show Thyself <sup>2</sup>blameless;  
27 <sup>a</sup>With the pure Thou dost show Thyself pure,  
<sup>b</sup>And with the perverted Thou dost show Thyself <sup>1</sup>astute.

28 <sup>a</sup>“And Thou dost save an afflicted people;  
<sup>b</sup>But Thine eyes are on the haughty *whom* Thou dost abase.

29 <sup>a</sup>“For Thou art my lamp, O LORD;  
And the LORD illumines my darkness.

30 <sup>a</sup>“For by Thee I can <sup>1</sup>run upon a troop;  
By my God I can leap over a wall.

31 <sup>a</sup>“As for God, His way is <sup>1</sup>blameless;  
<sup>b</sup>The word of the LORD is tested;  
<sup>c</sup>He is a shield to all who take refuge in Him.

32 <sup>a</sup>“For who is God, besides the LORD?  
<sup>b</sup>And who is a rock, besides our God?

33 <sup>a</sup>“God is my strong fortress;  
And He <sup>1</sup>sets the <sup>2</sup>blameless in <sup>3</sup>His way.

34 <sup>a</sup>“He makes <sup>1</sup>my feet like hinds’ *feet*,  
<sup>b</sup>And sets me on my high places.

35 <sup>a</sup>“He trains my hands for battle,  
<sup>b</sup>So that my arms can bend a bow of bronze.

36 “Thou hast also given me <sup>a</sup>the shield of Thy salvation,  
And Thy <sup>1</sup>help makes me great.

37 <sup>a</sup>“Thou dost enlarge my steps under me,  
And my <sup>1</sup>feet have not slipped.

38 “I pursued my enemies and <sup>a</sup>destroyed them,  
And I did not turn back until they were consumed.

39 “And I have devoured them and shattered them, so that they did not rise;  
And <sup>a</sup>they fell under my feet.

40 “For Thou hast girded me with strength for battle;  
Thou hast <sup>1</sup>subdued under me <sup>a</sup>those who rose up against me.

41 “Thou hast also <sup>a</sup>made my enemies turn *their* backs to me,  
And I <sup>1</sup>destroyed those who hated me.

42 <sup>a</sup>“They looked, but there was none to save;

<sup>b</sup>*Even* to the LORD, but He did not answer them.  
 43 “<sup>a</sup>Then I pulverized them as the dust of the earth,  
<sup>b</sup>I crushed *and* stamped them as the mire of the streets.  
 44 “<sup>a</sup>Thou hast also delivered me from the contentions of my people;  
<sup>b</sup>Thou hast kept me as head of the nations;  
<sup>c</sup>A people whom I have not known serve me.  
 45 “<sup>a</sup>Foreigners pretend obedience to me;  
 As soon as they hear, they obey me.  
 46 “Foreigners <sup>1</sup>lose heart,  
<sup>a</sup>And <sup>2</sup>come trembling out of their <sup>3</sup>fortresses.  
 47 “The LORD lives, and blessed be my rock;  
 And exalted be <sup>1</sup>God, the rock of my salvation,  
 48 <sup>a</sup>The God who executes vengeance for me,  
<sup>b</sup>And brings down peoples under me,  
 49 Who also brings me out from my enemies;  
 Thou dost even lift me above <sup>a</sup>those who rise up against me;  
<sup>b</sup>Thou dost rescue me from the violent man.  
 50 “<sup>a</sup>Therefore I will give thanks to Thee, O LORD, among the nations,  
 And I will sing praises to Thy name.  
 51 “<sup>a</sup>*He* is a tower of <sup>1</sup>deliverance to His king,  
 And <sup>b</sup>shows lovingkindness to His anointed,  
<sup>c</sup>To David and his <sup>2</sup>descendants forever.”  
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<sup>a</sup> Ps. 18:2-50

<sup>b</sup> Ex. 15:1; Deut. 31:30

<sup>1</sup> Lit., *palm*

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<sup>a</sup> 1 Sam. 23:25; 24:2; Ps. 31:3; 71:3

<sup>1</sup> Lit., *crag*

<sup>1</sup> Lit., *God of my rock*

<sup>a</sup> Deut. 32:4, 37; 1 Sam. 2:2

<sup>b</sup> Gen. 15:1; Deut. 33:29

<sup>c</sup> Luke 1:69

<sup>d</sup> Ps. 9:9

<sup>a</sup> Ps. 48:1; 96:4

<sup>a</sup> Ps. 93:4; Jon. 2:3

<sup>b</sup> Ps. 69:14, 15

<sup>1</sup> Heb., *Belial*

<sup>2</sup> Or, *terrified*

<sup>a</sup> Ps. 116:3

<sup>1</sup> I.e., the nether world

<sup>a</sup> Ps. 116:4; 120:1

<sup>1</sup> Or, *called*

<sup>a</sup> Judg. 5:4; Ps. 97:4

<sup>b</sup> Job 26:11

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<sup>1</sup> Or, *in His wrath*  
<sup>a</sup> Ps. 97:3; Heb. 12:29  
<sup>b</sup> 2 Sam. 22:13  
<sup>a</sup> Ex. 19:16; 1 Kin. 8:12; Ps. 97:2; Nah. 1:3  
<sup>a</sup> 2 Sam. 6:2  
<sup>1</sup> Many mss. read *sped*  
<sup>b</sup> Ps. 104:3  
<sup>a</sup> Job 36:29  
<sup>1</sup> Or, *pavilions*  
<sup>a</sup> 2 Sam. 22:9  
<sup>a</sup> Job 37:2-5; Ps. 29:3  
<sup>a</sup> Deut. 32:23; Josh. 10:10; 1 Sam. 7:10  
<sup>1</sup> Lit., *confused*  
<sup>1</sup> Or, *uncovered*  
<sup>a</sup> Ex. 15:8; Nah. 1:4  
<sup>a</sup> Ps. 144:7  
<sup>b</sup> Ex. 2:10  
<sup>a</sup> Ps. 23:4  
<sup>a</sup> Ps. 31:8; 118:5  
<sup>b</sup> 2 Sam. 15:26  
<sup>a</sup> 1 Sam. 26:23; 1 Kin. 8:32  
<sup>b</sup> Ps. 24:4  
<sup>a</sup> Gen. 18:19; Ps. 128:1; Prov. 8:32  
<sup>a</sup> Deut. 6:6-9; Ps. 119:30, 102  
<sup>1</sup> Lit., *it*  
<sup>a</sup> Gen. 6:9; 7:1; Eph. 1:4; Col. 1:21, 22  
<sup>1</sup> Lit., *complete*; or, *having integrity*  
<sup>a</sup> 2 Sam. 22:21  
<sup>a</sup> Matt. 5:7  
<sup>1</sup> Or, *loyal*  
<sup>1</sup> Or, *loyal*  
<sup>2</sup> Lit., *complete*; or, *having integrity*  
<sup>2</sup> Lit., *complete*; or, *having integrity*  
<sup>a</sup> Matt. 5:8; 1 John 3:3  
<sup>b</sup> Lev. 26:23, 24; Rom. 1:28  
<sup>1</sup> Lit., *twisted*  
<sup>a</sup> Ex. 3:7, 8; Ps. 72:12, 13  
<sup>b</sup> Is. 2:11, 12, 17; 5:15  
<sup>a</sup> 2 Sam. 21:17; 1 Kin. 11:36; Ps. 27:1  
<sup>a</sup> 2 Sam. 5:6-8  
<sup>1</sup> Or, *crush a troop*  
<sup>a</sup> Deut. 32:4; Matt. 5:48  
<sup>1</sup> Lit., *complete*; or, *having integrity*  
<sup>b</sup> Ps. 12:6; 119:140; Prov. 30:5  
<sup>c</sup> 2 Sam. 22:3; Ps. 84:9

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<sup>a</sup> 1 Sam. 2:2  
<sup>b</sup> 2 Sam. 22:2  
<sup>a</sup> 2 Sam. 22:2; Ps. 31:3,4  
<sup>1</sup> Or, *sets free*  
<sup>2</sup> Lit., *complete*; or, *having integrity*  
<sup>3</sup> Another reading is *my*  
<sup>a</sup> 2 Sam. 2:18; Hab. 3:19  
<sup>1</sup> Another reading is *His*  
<sup>b</sup> Deut. 32:13  
<sup>a</sup> Ps. 144:1  
<sup>b</sup> Job 20:24  
<sup>a</sup> Eph. 6:16, 17  
<sup>1</sup> Lit., *answering*  
<sup>a</sup> 2 Sam. 22:20; Prov. 4:12  
<sup>1</sup> Lit., *ankles*  
<sup>a</sup> Ex. 15:9  
<sup>a</sup> Mal. 4:3  
<sup>1</sup> Lit., *caused to bow down*  
<sup>a</sup> Ps. 44:5  
<sup>a</sup> Ex. 23:27; Josh. 10:24  
<sup>1</sup> Or, *silenced*  
<sup>a</sup> Is. 17:7, 8  
<sup>b</sup> 1 Sam. 28:6; Is. 1:15  
<sup>a</sup> 2 Kin. 13:7  
<sup>b</sup> Is. 10:6; Mic. 7:10  
<sup>a</sup> 2 Sam. 3:1; 19:9, 14  
<sup>b</sup> 2 Sam. 8:1-14  
<sup>c</sup> Is. 55:5  
<sup>a</sup> Ps. 66:3; 81:15  
<sup>1</sup> Lit., *languish*  
<sup>a</sup> 1 Sam. 14:11; Mic. 7:17  
<sup>2</sup> Lit., *gird themselves*  
<sup>3</sup> Lit., *fastnesses*  
<sup>1</sup> Lit., *the God of the rock*  
<sup>a</sup> 2 Sam. 22:3; Ps. 89:26  
<sup>a</sup> 1 Sam. 24:12; 25:39; 2 Sam. 4:8; Ps. 94:1  
<sup>b</sup> Ps. 144:2  
<sup>a</sup> Ps. 44:5  
<sup>b</sup> Ps. 140:1, 4, 11  
<sup>a</sup> Rom. 15:9  
<sup>a</sup> Ps. 144:10  
<sup>1</sup> I.e., victories; lit., *salvation*  
<sup>b</sup> Ps. 89:24  
<sup>c</sup> 2 Sam. 7:12-16  
<sup>2</sup> Lit., *seed*

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<sup>i</sup>*The New American Standard Bible*, (La Habra, California: The Lockman Foundation) 1977.