

YAHWEH IS OUR STRENGTH

“Yahweh is my strength and my shield; my heart trusted in Him, and I am helped: therefore my heart greatly rejoiceth; and with my song will I praise Him” (Psalms 28:7).

1. The Strength We All Seek:

- a. Enduring Strength: In a world that often measures strength by physical power, accomplishments, or resilience, Yahweh offers us a source of strength that is greater, enduring, and unshakable. David, a warrior and king, understood this deeply. Despite his accomplishments, he recognized that his true strength came not from his abilities, but from Yahweh (Psalms 28:7).
- b. Divine Empowerment: The strength Yahweh provides is not fleeting or based on human limitations. It is a divine strength, offered freely to those who trust in Him. “He gives power to the weak, and to those who have no might He increases strength” (Isaiah 40:29).

2. Our Need To Rely On Yahweh Alone:

- a. Trust In Yahweh: Just as David depended on Yahweh for his strength, we too must recognize that our reliance should be on Yahweh alone. True strength is found not in our resources or wisdom but in total trust in Yahweh’s provision and guidance (Proverbs 3:5-6).
- b. Our Divine Protector: Yahweh hears our cries, shields us from harm, proves Himself trustworthy, and ultimately saves. Only through relying on Him can we find peace and resilience in life’s challenges. “It is better to trust in Yahweh than to put confidence in man” (Psalms 118:8).

3. Purpose Of This Study:

- a. Exploring Yahweh’s Strength: Today, we will explore four ways in which Yahweh provides us with strength. By examining each aspect, we are encouraged to deepen our reliance on Yahweh, finding our true strength in Him.
- b. Four Aspects Of Yahweh’s Strength: These four attributes of Yahweh’s strength are as follows:
 - 1) **Yahweh Hears:** He is never distant from our cries (Psalms 34:17).
 - 2) **Yahweh Protects:** The ultimate shield against evil (Psalms 28:7).
 - 3) **Yahweh Is Trustworthy:** A foundation we can rely upon (Psalms 145:18).
 - 4) **Yahweh Saves:** The refuge for our souls and the source of eternal life (Psalms 28:8-9).

1. Yahweh Hears (Psalms 28:1-2):

David’s understanding of Yahweh as his reliable foundation is central to his relationship with God. In Psalms 28, he describes Yahweh as his “Rock,” a symbol of unwavering stability and protection. David’s faith is built on the assurance that Yahweh hears and responds to those who earnestly seek Him. Through this psalm, we see David’s absolute dependence on Yahweh, not only as his protector but as the One who listens attentively to his prayers. This section explores the depth of David’s confidence in Yahweh, who hears and responds to the needs of His people, offering us an example of complete trust and devotion.

a. Yahweh As Our Rock:

- 1) David’s Confidence In Yahweh: David addresses Yahweh as his “Rock,” a term that reflects stability, strength, and protection. By calling on Yahweh in this way, David shows a personal and confident relationship with Him, trusting fully in Yahweh’s reliability (Psalms 28:1).
- 2) Exclusive Devotion To Yahweh: David’s confidence in Yahweh as his only refuge is rooted in obedience to God’s command to worship Him alone: “You shall have no other gods before Me” (Exodus 20:3).

b. Yahweh’s Attentive Listening:

- 1) Dependence On Yahweh’s Response: David pleads, “Do not be silent to me,” revealing his deep dependence on Yahweh’s response. David knows that without Yahweh’s attention, he feels vulnerable and unprotected (Psalms 28:1b).

- 2) Illustration Of Reassurance: Just as a child finds reassurance in a parent's comforting presence, we find security in knowing Yahweh hears us in our need and distress.
- 3) Promise Of Deliverance: Yahweh's faithful response is promised to all who call upon Him: "The righteous cry out, and Yahweh hears, and delivers them out of all their troubles" (Psalms 34:17).

c. Earnest Seeking Of Yahweh:

- 1) Wholehearted Approach To Prayer: David not only lifts his voice in prayer but also raises his hands - a posture of submission and earnestness - demonstrating his wholehearted search for Yahweh's help (Psalms 28:2).
- 2) Engagement Of Heart, Voice, And Spirit: True reliance on Yahweh requires our full attention, engaging our heart, voice, and spirit, to seek Him sincerely and fully.

New Testament Connection: Just as David trusted that Yahweh would hear his cries, we see this same attentiveness in Jesus' life. When Bartimaeus, the blind beggar, called out to Jesus, Jesus stopped and responded, healing him despite others trying to silence him (Mark 10:46-52). This shows us that God's character remains the same; Yahweh hears the cries of His people, and through Jesus, we see this attentiveness in action. We, too, can approach God confidently, knowing He listens as a loving Father (Matthew 7:7-8).

Yahweh's attentiveness to David's cries reveals His deep care for those who depend on Him. Just as David sought Yahweh with all his heart, lifting his voice and hands in prayer, we are encouraged to approach Yahweh with the same sincerity and confidence. By acknowledging Yahweh as our Rock and refuge, we can find stability, comfort, and assurance that He hears us in every situation. Our wholehearted pursuit of Yahweh brings His faithful response, reminding us that He is ever present and ready to deliver those who call upon Him.

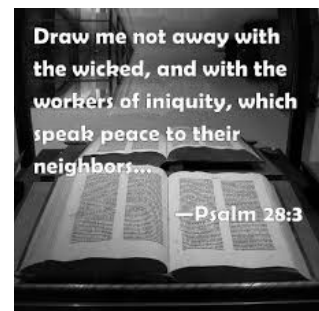
Transition Statement: Having explored Yahweh as the one who hears and responds to our cries, we now turn to Yahweh's role as our ultimate protector. Just as David depended on Yahweh's attentive ear, he also trusted Yahweh's power to shield him from harm.

2. Yahweh Protects (Psalms 28:3-5):

David's confidence in Yahweh as his protector is a powerful theme in Psalms 28. Surrounded by those who seek to harm him, David finds security not in his own strength but in Yahweh's unfailing protection. He acknowledges Yahweh as the ultimate shield against evil, trusting that Yahweh will not only protect him from harm but also uphold justice by judging the wicked. This section explores Yahweh's role as both a divine protector and righteous judge, offering assurance to those who place their trust in Him and reminding us of the consequences faced by those who reject His ways.

a. Protection From Evil And Wicked Schemes:

- 1) David's Trust In Yahweh's Shielding Presence: David recognizes Yahweh's shielding presence, protecting him from those who plot and plan evil. David's confidence lies in Yahweh as his ultimate protector (Psalms 28:3).
- 2) Assurance Of Divine Protection: "No weapon formed against you shall prosper," showing that Yahweh's protection is steadfast and cannot be thwarted by human schemes (Isaiah 54:17).
- 3) Illustration Of Divine Protection: Just as a shepherd guards his sheep from danger, Yahweh watches over us, protecting us from visible and unseen dangers that threaten our safety and peace.



b. Justice For The Wicked:

- 1) Yahweh's Fair Reward For All Deeds: Yahweh rewards each person according to their actions, upholding justice for the righteous and judgment for the wicked. His justice is consistent and unchanging (Psalms 28:4).
- 2) Yahweh's Perfect Justice: "He is the Rock, His work is perfect; for all His ways are justice," demonstrating that Yahweh's judgments are always fair, without error or favoritism (Deuteronomy 32:4).

c. Consequences Of Neglecting Yahweh's Ways:

- 1) Reaping The Results Of Disobedience: The wicked face consequences not only for their actions but for their disregard of Yahweh's principles and commands. This disregard leads to inevitable results (**Psalms 28:5**).
- 2) Law Of Sowing And Reaping: "Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap," emphasizing that neglecting Yahweh's ways leads to judgment and that no one escapes the consequences of their choices (**Galatians 6:7-8**).

Yahweh's protection is a source of strength and peace for those who seek refuge in Him. Just as David trusted Yahweh to shield him from both visible and hidden dangers, we too can find comfort in Yahweh's steadfast defense against evil. His perfect justice ensures that the righteous are upheld, while the wicked reap the consequences of their actions. By relying on Yahweh's protection and honoring His ways, we are safeguarded by His unwavering presence and assured of His just reward, both now and in the life to come.

New Testament Connection: Just as Yahweh protected David, Jesus promises this same protection for His followers. In John 10:27-29, Jesus describes Himself as the Good Shepherd, ensuring that His sheep are safe in His care and that "no one can snatch them out of My hand." This assurance of protection reminds us that our security lies in Jesus, who shields us from spiritual harm and guards our way, just as Yahweh was David's ultimate protector.

Transition Statement: In addition to Yahweh's protective presence, David recognized Yahweh's unfailing trustworthiness. We move now to consider how Yahweh, as a faithful and reliable source of strength, serves as the foundation we can rely upon through every challenge.

3. Yahweh Is Trustworthy (Psalms 28:6-7):

In Psalms 28, David's trust in Yahweh's unwavering faithfulness is clear. He praises Yahweh for hearing his prayers, recognizing Him as a steadfast protector and source of strength. David's confidence in Yahweh's trustworthiness not only brings him peace but also fills him with joy, even amidst life's challenges. This section reflects on Yahweh's reliability as a shield and strength for His people, showing how complete reliance on Him leads to joy, resilience, and the assurance that He is ever-present for those who call upon Him sincerely.

a. Yahweh's Faithfulness:

- 1) David's Declaration Of Praise: David proclaims, "Blessed be Yahweh, because He has heard the voice of my supplications," expressing gratitude for Yahweh's attentiveness and trustworthiness in responding to his prayers (**Psalms 28:6**).
- 2) Assurance Of Yahweh's Nearness: "Yahweh is near to all who call upon Him in truth," reminding us that Yahweh is ever-present and faithful to those who seek Him sincerely (**Psalms 145:18**).

b. Yahweh As Our Shield And Strength:

- 1) David's Trust In Yahweh's Protection: David calls Yahweh his "shield," symbolizing divine protection and strength that sustains him through life's challenges (**Psalms 28:7**).
- 2) Strength Through Yahweh's Power: "I can do all things through Christ who strengthens me," underscoring that Yahweh's strength is available to those who trust in Him, enabling us to overcome any obstacle (**Philippians 4:13**).
- 3) Illustration Of A Soldier's Shield: Just as a soldier relies on his shield in battle, we find courage and confidence in Yahweh's constant protection, knowing He stands between us and harm.

c. Source Of Joy And Help:

- 1) Joy In Trusting Yahweh: "My heart greatly rejoices," David proclaims, showing that trusting Yahweh brings joy and hope even in hardship. Yahweh's faithfulness fills the heart with gladness and peace (**Psalms 28:7**).
- 2) Divine Support And Guidance: "For I, Yahweh your Elohim, will hold your right hand," a promise of Yahweh's close guidance and support, offering strength and comfort in times of need (**Isaiah 41:13**).

New Testament Connection: Yahweh's faithfulness to David parallels the unchanging nature of Christ, who is described as "the same yesterday, today, and forever" (**Hebrews 13:8**). Jesus fulfilled every promise, staying steadfast even to the cross. His assurance to His disciples in Matthew 28:20, "I am with you always, even to the end of the age," echoes Yahweh's trustworthy presence. Like David, we can rest in the security of Christ's enduring faithfulness and guidance.

Yahweh's trustworthiness is the foundation upon which we can securely build our faith. Just as David found strength, joy, and confidence in Yahweh's faithful presence, we too can rely on Yahweh as our shield and constant support. His promise to be near to those who call upon Him in truth assures us that we are never alone in our trials. As we place our trust in Yahweh's strength, we find a deep, enduring joy and the courage to face each day, knowing that He stands with us, offering His divine help and guidance.

Transition Statement: Finally, while Yahweh's faithfulness gives us strength and security, His role as Savior provides the ultimate assurance. As we explore Yahweh's saving power, we'll see how His salvation offers both immediate refuge and an eternal inheritance for His people.

4. Yahweh Saves (Psalms 28:8-9):

David's recognition of Yahweh as both protector and deliverer underscores the security that comes from trusting in Yahweh's salvation. In Psalms 28, he celebrates Yahweh as the refuge and strength of His people, pointing to a God who not only saves in the immediate sense but also offers eternal security and provision. This section highlights Yahweh's role as Savior, Shepherd, and Sustainer, showing that through His love and promises, we are not only saved but adopted as heirs of His eternal kingdom.

a. Salvation For His People:

- 1) David's Recognition Of Yahweh's Refuge: David celebrates Yahweh's salvation, acknowledging Him as the refuge and strength of His people. Yahweh is not only a protector but a deliverer, providing safety and security to all who trust in Him (**Psalms 28:8**).
- 2) Promise Of The Savior: "You shall call His name JESUS, for He will save His people from their sins," affirming Yahweh's ultimate plan of salvation through Christ, who came to rescue humanity from sin and restore us to Himself (**Matthew 1:21**).

b. God's Provision For Our Eternal Inheritance:

- 1) Adopted As Children And Heirs: In Christ, we are adopted as Yahweh's children and made heirs of His eternal promises, securing for us an everlasting inheritance that cannot be lost (**Ephesians 1:5**).
- 2) Heirs According To The Promise: "If you are Christ's, then you are Abraham's seed, and heirs according to the promise," affirming our spiritual inheritance through faith, joining us in the covenant promises given to Abraham (**Galatians 3:29**).

c. Yahweh As Our Shepherd And Constant Support:

- 1) Yahweh As Shepherd: "Yahweh is my shepherd; I shall not want," proclaiming Yahweh's faithful care and provision, as a shepherd tends to his sheep, ensuring their needs are met (**Psalms 23:1**).
- 2) Christ, The Good Shepherd: "I am the good shepherd. The good shepherd gives His life for the sheep," emphasizing Christ's sacrificial love and commitment to His people, offering Himself for our salvation and eternal safety (**John 10:11**).

New Testament Connection: David's celebration of Yahweh's salvation is fulfilled in Jesus' mission to "seek and to save that which was lost" (**Luke 19:10**). Jesus became our ultimate Savior, offering eternal salvation and refuge. He declares in John 14:6, "I am the way, the truth, and the life. No one comes to the Father except through Me." This assurance of salvation through Christ fulfills Yahweh's role as our Shepherd and Redeemer, providing us with the eternal security that David celebrated.

Yahweh's saving power offers refuge and assurance that reaches beyond this life. Just as David found safety in Yahweh, we too can embrace His promise of eternal inheritance as His children. With Yahweh as our Shepherd, we are protected and deeply cared for. Through Christ, the Good Shepherd, we receive both present security and eternal hope. May we live confidently in this salvation, finding peace in Yahweh as our constant support and everlasting refuge.

Conclusion:

1. **God's Strength:** Yahweh is our strength because:

- a. **He Hears:** Yahweh is attentive to our cries, never distant, providing comfort and assurance to those who seek Him (**Psalms 34:17**).
- b. **He Protects:** Yahweh is our shield, guarding us against evil and guiding us safely through trials (**Psalms 28:7**).
- c. **He Is Trustworthy:** Yahweh's faithfulness is unchanging; He stands as a foundation we can rely upon through all circumstances (**Psalms 145:18**).
- d. **He Saves:** Yahweh is the refuge for our souls, offering salvation and an eternal inheritance through Christ (**Psalms 28:8-9**).

2. Invitation To Rely On Yahweh: Yahweh's strength is available to all who call upon Him. He does not reserve His strength for a select few; rather, He welcomes everyone who comes to Him with sincerity and faith. Whether we face trials, seek direction, or need peace, His strength is sufficient to meet every need (**Psalms 46:1**).

3. A Call To Depend On Yahweh Daily: Just as David declared, "Yahweh is my strength and my shield," we are encouraged to make this our daily declaration. Recognizing Yahweh as our source of strength requires not only trust but a conscious commitment to turn to Him in every situation (**Psalms 28:7**).

4. Living With Confidence In Yahweh's Strength And Salvation: May we live each day with unwavering confidence, knowing that Yahweh is our protector, guide, and Savior. As we rely on His strength and salvation in every aspect of life, we can face each challenge with courage, joy, and hope, assured that Yahweh will never leave us nor forsake us (**Hebrews 13:5-6**).

Applications:

1. Yahweh Hears: Just as David approached Yahweh with confidence, trusting that He would listen, we should bring our needs to God first, relying on Him to hear and respond. In a world that often encourages self-reliance or turning to others, we are reminded to seek Yahweh's guidance in prayer as our primary response to life's challenges. Trusting in Yahweh's attentiveness to our cries strengthens our relationship with Him and assures us that He is near to those who sincerely seek His help (**Philippians 4:6-7**).

2. Yahweh Protects: David's trust in Yahweh's protection invites us to let go of fear and place our confidence in God's ability to shield us from harm. We can face life's uncertainties by remembering that Yahweh is our ultimate protector, stronger than any human effort or defense. Instead of holding onto worries or trying to control every situation, we are encouraged to rest in Yahweh's power to guard and deliver us, knowing that He watches over His people with perfect care (**Psalms 91:4**).

3. Yahweh Is Trustworthy: David's declaration that Yahweh is his strength and shield serves as a reminder to depend fully on God, who remains faithful in every circumstance. This trust in Yahweh's reliability is the foundation for our peace, allowing us to face challenges without being overwhelmed. By daily affirming our reliance on Yahweh, we gain strength and confidence, knowing that He is unchanging and steadfast, a refuge we can depend on even in life's most uncertain times (**Proverbs 3:5-6**).

4. Yahweh Saves: Yahweh's saving power offers us peace and assurance that extend beyond our immediate needs, pointing to His ultimate plan of salvation through Christ. Knowing that we are saved by His grace alone should bring daily gratitude and a heart ready to share this hope with others. As Yahweh's adopted children, we can live confidently, knowing that we are secure in His care and destined for an eternal inheritance that He has promised to His people (**Ephesians 2:8-9**).

Questions:

1. What does David call Yahweh, and what does this term signify (**Psalms 28:1**)?
2. Why does David emphasize that Yahweh is his only refuge?

3. How does David show his dependence on Yahweh in prayer?
4. How does the example of a child seeking a parent's presence relate to David's trust in Yahweh?
5. How does Yahweh's protection impact the schemes of the wicked (**Isaiah 54:17**)?
6. What does Yahweh's perfect justice mean for the wicked and the righteous?
7. How does David describe Yahweh's faithfulness (**Psalms 28:6**)?
8. What does it mean for Yahweh to be our "shield" (**Psalms 28:7**)?
9. How does the image of Yahweh as a shepherd in Psalm 23 relate to His role as Savior?
10. What does it mean for us to be heirs of God's promises (**Galatians 3:29**)?

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