

END OF PSALM 69

## You are Psalms

Some people think you never get discouraged, but the fact is, when you do, you know where to run. Your prayers are open and honest because you realize that God already knows your heart, He's just waiting to hear you spill it. And when you do, what starts out as heavy ends up becoming a song of praise. You may struggle... and often you do... but each time, you grow in your understanding of God's faithfulness. You're just a song waiting to happen.

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## PSALMS (SONGS OF PRAISE)

TRUST  
IN THE  
LORD *and do good;  
dwell in the land and  
enjoy safe pasture.*  
PSALM 36: 3

PSALM NUMBER: 69

### A PRAYER IN PERSECUTION

1. O God, come to my assistance; O Lord, make haste to help me.
2. Let them be confounded and ashamed that seek my soul.
3. Let them be turned backward, and blush for shame that desire evils to me: let them be presently turned away blushing for shame that say to me: it is well, it is well.
4. Let all that seek thee rejoice, and be glad in thee; and let such as love thy salvation say always: the Lord be magnified.
5. But I am needy and poor; O God, help me. Thou art my helper and my deliverer: O Lord, make no delay.

*The Psalms are songs of praise and cover a period of about 1000 years, from the time of Moses (ca. 1400 B.C.) to the Israelites' return from exile (ca. 450 B.C.). They deal with selected events of that period and provide us with the thoughts and feelings of those who went through the experiences recorded. After being made a Cardinal by Pope Clement VIII, Saint Robert Bellarmine, prepared for posterity his very own commentary on each of the Psalms. Enclosed are his interpretations on each of the Psalms.*

### **PSALM NUMBER: 69**

#### **EXPLANATION OF THE PSALM**

1. "O God, come to my assistance; O Lord, make haste to help me." A verse celebrated in the Catholic Church, as all the divine offices commence with it. For though it is peculiarly applicable to Christ hanging on the cross, it may be used by all the faithful in any danger what ever; and as we are in daily and great danger while we are on our pilgrimage here, and while "our adversary the devil goes about like a roaring lion, seeking whom he may devour;" it is not only lawful, but expedient to repeat this verse frequently. In this

verse we ask great and speedy help to avert a great and imminent danger. The remainder of the Psalm is almost word for word with Psalm 39.