

ANGER AND RESPONSE

Psalm 7

Plea for Help against Persecutors

A SHIGGAION OF DAVID, WHICH HE SANG TO THE LORD CONCERNING CUSH, A BENJAMINITE.

Today I had to read the daily Scripture portion during our family prayer(me and mummy😊).

What struck me before reading the Psalm was the occasion which merited the writing of this song.

It is a song of David and it is a psalm written when David was offended by the words of Cush the Benjamite(so it is in the Tamizh version).

What really struck me was what will my response be, when someone verbally abuses me. Will I shout back? Or will I look for an opportunity to pay back by the same coin? Or if I am not the confrontatory kind of a person, will I go around carrying vile tales about the one who spoke against me?

But here David pours out his hurt as a song to His God. Isn't it amazing? What an amount of songs we'll have when we start responding thus!

David as we see in this song, is not a saint. He is angry, he is hurt, he knows he's been wronged, yet he takes it to the Lord.

He wants God to judge. He is so active in his anger. He does not bottle up his feelings. He says,

Psalms 7:6 (NRSV) ⁶ Rise up, O LORD, in your anger;

lift yourself up against the fury of my enemies;
awake, O my God; ⁷ you have appointed a judgment.

Becoming angry is not a sin, it is one of the most natural emotions. But how we deal with anger is very important. In his hurt and anger, David goes to the presence of God and pours out his heart.

At one point, he asks the Lord to whet His sword against the wicked. But during the course of the song, his steam of his anger gradually dissipates

and he proclaims the justice of God that whoever sins, will reap the consequences.

Psalms 7:15-16 (NRSV) ¹⁵ They make a pit, digging it out,
and fall into the hole that they have made.

¹⁶ Their mischief returns upon their own heads,
and on their own heads their violence descends.

Not only that David is also comforted. He ends the psalm with thanksgiving.

Psalms 7:17 (NRSV) ¹⁷ I will give to the LORD the thanks due to his
righteousness,
and sing praise to the name of the LORD, the Most High.

He knows the Lord is righteous and so he only needs to worship the Lord. It is the Lord's responsibility to tackle the wicked and so David poured out his complaint at his feet.

It is not very clear who Cush the Benjamite was, but what is more important is that the immortal psalm which was the consequence of his wounding words.

There is a very very important lesson for all of us here. What is our reaction when we are angry?

Hold a mirror to your soul and answer truthfully. Are you justifying the way you exhibit your anger?

Are you throwing words like hot coal onto the person who hurt you or would you take that hurt to the Lord?

Sometimes when we are really angry, even rightfully angry we can say some of the nastiest words which will cause another big injury. Eventually your hurt and the hurt you caused will keep festering and can never heal.

Be careful what you speak when you are angry, even if rightfully angry.

Let us look to David and take our lessons from him. Let us go to the Lord with all our hurts. Not only our burden will be relieved, but our hurt hearts will start to heal again.