

**Psalm [7]**  
**The Prayer of a Wronged Man**  
**Shiggaion of David, which he sang unto the Lord,**  
**concerning the words of Cush the Benjamite**  
**A Psalm of David.**

**Reference:** **[Sheminith]**: Directions for performance -suggest melodic pattern, perhaps an octave lower than Alamoth and, therefore, tenor or even bass. The **(NKJV)** translates, “On an eight-stringed harp.” Neginoth (**Psalm 6**) is translated “string instruments” **(NKJV)**, but in reference to most psalms it probably means simply “a song.”

**Division of Books**

**Book I (1-41) Book II (42-72) Book III (73-89) Book IV (90-106) Book V (107-150)**

**Book I (41:13) Book II (72:19) Book III (89:52) Book IV (106:48) Book V (150:1-6)**

**Note:** Quick about the above outline/divisions. **(1)** from ancient times, the 150 psalms were organized into these five **(5)** books, with each book having its own benediction (indicated in above parentheses). Psalm 150 is not only the last Psalm and a benediction for Book 5, but also a doxology for the entire Psalter.

**Purpose:** The psalms, as Spirit-inspired prayers and praises, were written, generally speaking, to express the deep inner emotions of the human heart in relation to God. **(1)** Many were written as prayers to God, expressing **(a)** trust, love, adoration, thanksgiving, praise and longing for close fellowship; **(b)** discouragement, deep distress, fear, anxiety, humiliation, and a cry for deliverance, healing or vindication.

**(2)** Others were written as songs expressing praise, thanksgiving and adoration for who God is and for the great things He has done. **(3)** Some psalms contain important Messianic sections that were fulfilled in their fullest meaning in Jesus Christ.

**[7:1-5]**

**[7:6-10]**

**Note:** The Holy Spirit teaches that the righteous can expect God to deliver and help them in times of affliction. We may appeal to God on the basis of a clear conscience and our sincere endeavor to maintain uprightness of heart. We may assert our spiritual integrity before God by praying, “Judge me, O Lord, according to my righteousness” **(vs.8, Job 29:14)**. Such a claim is not self-righteous if it is spoken from a sincere heart, purified by love for God through faith **(I John 1:9; I John 3:21; James 5:16)**.

What a blessed thing it is to pray for God’s help with a repentant heart (Psalm 6). But it is even better when we can pray to God with a clear conscience and with knowledge that we have wronged no one and have sought sincerely to love God with all our heart.

[7:11-17]

{Deeper Study}

[II Samuel 11:24-27]

[II Samuel 12:1-14]

**Final Thought: *Many are the afflictions of the righteous: but the Lord delivers him out of them all* [Psalm 34:19] (I John 1:9).**