1 God shall arise, his enemies shall be scattered;
and those who hate him shall flee before him!
2 As smoke is driven away, so you shall drive them away;
as wax melts before fire,
so the wicked shall perish before God!
3 But the righteous shall be glad;
they shall exult before God;
they shall be jubilant with joy!

4 Sing to God, sing praises to his name;
   lift up a song to him who rides through the deserts;
his name is the Lord;
exult before him!
5 Father of the fatherless and protector of widows
   is God in his holy habitation.
6 God settles the solitary in a home;
   he leads out the prisoners to prosperity,
   but the rebellious dwell in a parched land.

7 O God, when you went out before your people,
   when you marched through the wilderness, Selah
8 the earth quaked, the heavens poured down rain,
   before God, the One of Sinai,
   before God, the God of Israel.
9 Rain in abundance, O God, you shed abroad;
you restored your inheritance as it languished;
10 your flock found a dwelling in it;
in your goodness, O God, you provided for the needy.

11 The Lord gives the word;
   the women who announce the news are a great host:
12 “The kings of the armies—they flee, they flee!”
The women at home divide the spoil—
13 though you men lie among the sheepfolds—
   the wings of a dove covered with silver,
   its pinions with shimmering gold.
14 When the Almighty scatters kings there,
   let snow fall on Zalman.

15 O mountain of God, mountain of Bashan;
O many-peaked mountain, mountain of Bashan!
16 Why do you look with hatred, O many-peaked mountain,
at the mount that God desired for his abode,
yes, where the Lord will dwell forever?

17 The chariots of God are twice ten thousand,
thousands upon thousands;
the Lord is among them; Sinai is now in the sanctuary.

18 You ascended on high,
leading a host of captives in your train
and receiving gifts among men,
even among the rebellious, that the Lord God may dwell there.

19 Blessed be the Lord,
who daily bears us up;
God is our salvation. Selah

20 Our God is a God of salvation,
and to God, the Lord, belong deliverances from death.

21 But God will strike the heads of his enemies,
the hairy crown of him who walks in his guilty ways.

22 The Lord said,
"I will bring them back from Bashan,
I will bring them back from the depths of the sea,
that you may strike your feet in their blood,
that the tongues of your dogs may have their portion from the foe."

24 Your procession is seen, O God,
the procession of my God, my King, into the sanctuary—
25 the singers in front, the musicians last,
between them virgins playing tambourines:

26 "Bless God in the great congregation,
the Lord, O you who are of Israel's fountain!"

27 There is Benjamin, the least of them, in the lead,
the princes of Judah in their throng,
the princes of Zebulun, the princes of Naphtali.

28 Summon your power, O God,
the power, O God, by which you have worked for us.

29 Because of your temple at Jerusalem
kings shall bear gifts to you.

30 Rebuke the beasts that dwell among the reeds,
the herd of bulls with the calves of the peoples.
Trample underfoot those who lust after tribute;
scatter the peoples who delight in war.

31 Nobles shall come from Egypt;
Cush shall hasten to stretch out her hands to God.

32 O kingdoms of the earth, sing to God;
sing praises to the Lord, Selah
33 to him who rides in the heavens, the ancient heavens;
behold, he sends out his voice, his mighty voice.
34 Ascribe power to God,
   whose majesty is over Israel,
   and whose power is in the skies.
35 Awesome is God from his sanctuary;
   the God of Israel—he is the one who gives power and strength to his people.
Blessed be God!
DAY 1
Read through Psalm 68 once writing down what you find interesting, what you find helpful, and what you don’t fully understand.

According to the introductory notes on Psalm 68 in the ESV Study Bible, “This is a hymn by which God’s people celebrate his continued care and protection” of them.

In a similar way, Robert Grant’s hymn “O Worship the King” invites God’s people to celebrate his continued care and protection of them.

O worship the king all glorious above,
O gratefully sing his power and his love;
Our shield and defender, the ancient of days,
Pavilioned in splendor, and girded with praise.

O tell of his might, O sing of his grace,
Whose robe is the light, whose canopy space.
His chariots of wrath the deep thunderclouds form,
And dark is his path on the wings of the storm.

The earth with its store of wonders untold,
Almighty, thy pow’r hath founded of old;
Hath established it fast by a changeless decree,
And round it hath cast, like a mantle, the sea.

Thy bountiful care what tongue can recite?
It breathes in the air; it shines in the light;
It streams from the hills; it descends to the plain;
And sweetly distils in the dew and the rain.

Frail children of dust, and feeble as frail,
In thee do we trust, nor find thee to fail;
Thy mercies how tender, how firm to the end,
Our Maker, Defender, Redeemer, and Friend!

O measureless might! Ineffable love!
While angels delight to hymn thee above,
The humbler creation, though feeble their lays,
With true adoration shall lisp to thy praise.

Read through the notes on Psalm 68 in the ESV Study Bible. Write at least one paragraph highlighting what you learned from the study notes.

Reread Psalm 68, personalizing the Psalm as your own prayer. Write out that prayer.
DAY 2
Read Psalm 68 again.

In verses 7-18, David celebrates God’s consistent care for and protection of his people. In verse 19 he explains what that means for God’s people: “Blessed be the Lord, who daily bears us up; God is our salvation” (emphasis mine). Paul affirms this in Philippians 4:19: “My God will supply every need of yours according to his riches in glory in Christ Jesus.”

David also explains the ultimate benefit God’s people receive from his care and protection in verse 20: “Our God is a God of salvation, and to God, the Lord, belong deliverances from death.” This salvation from death is secure for all of God’s children because of Jesus. Paul explains this 1 Corinthians 15:20-22:

But in fact Christ has been raised from the dead, the firstfruits of those who have fallen asleep. For as by a man came death, by a man has come also the resurrection of the dead. For as in Adam all die, so also in Christ shall all be made alive.

Spend some time writing your thoughts about the two-fold nature of God’s care for us: He “daily bears us up” and delivers us “from death.” Use those thoughts to write out a prayer that celebrates Jesus as both the one who cares for your daily needs and will deliver you from death.

DAY 3
Read Psalm 68 again, focusing on verses 4-18.

In verses 4-6, David lists characteristics of God that shape the way he deals with his people. In verses 7-18 he celebrates what God has done in the past for his people.

Read through verses 4-18 and pick out something that relates to the way God has cared for you. (If you struggle to think of something, use verse 18 which Paul quotes in Ephesians 4 to explain the reason Jesus is able to give everyone of his children a gift to serve him.) Write out a prayer of thanksgiving to God. Start by quoting the verse from Psalm 68 that reminds you of a way that God has cared for you. Thank him for always caring for his people in that way. Thank him for the specific way he cared for you.

DAY 4
Read Psalm 68 again, focusing on verses 32-35.

Throughout Psalm 68, David not only tells of God’s protection and care, he also tells of the way God will defeat all his enemies. Though God’s enemies are also his people’s (including David’s) enemies, David doesn’t call us to rejoice in the downfall of another. Instead, he calls us to invite them to worship God and be spared.

This call is found in verses 32–35. There God’s people are invited to call “the kingdoms of the earth”—those who aren’t part of God’s people—to “sing praises to the Lord,” thereby becoming those whom God blesses instead of crushing.
Today, everyone of God’s people has a similar call on their lives. We are invited by God to share the blessing we’ve received (the gospel) with people all over the world. Read verses 32–35 again. Pray, asking God to help you continue to spread the good news of the gospel to all people in all nations.

**DAY 5**
Read through Psalm 68 twice.

Write out at least two paragraphs reflecting on what you’ve learned about God, yourself, and others from Psalm 68. Write out at least one thing you hope to apply to your life from Psalm 68.

Spend at least 15 minutes sharing what you wrote with a trusted friend or family member. If they read Psalm 68 this week, ask them to do the same. End your time in prayer, thanking God for what he taught you this week.

*Purchasing an ESV Study Bible (Wheaton, Ill.: Crossway Bibles, 2008.) will aid you in your understanding of the Psalms. The first day’s reading each week assumes you will have access to the notes in the ESV Study Bible. The ESV Study Bible is the most comprehensive study Bible ever published. It will help you understand not just the Psalms, but also the rest of the Bible in a deeper way. You can either buy the Bible (amazon.com, search: ESV Study Bible) or purchase online access to the notes at www.esvbible.org.*
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