

## Psalm 69 Devotions

### ☐ Monday - Sunk in Deep Mire.

Psalm 69:2

David writes, "I have sunk in deep mire, and there is no foothold" (Psa. 69:2). In this psalm which has so many Messianic overtones, we see not only David's distress, but prophetically Christ's suffering too. Just as Jeremiah's enemies cast him into a cistern wherein "there was no water but only mud, and Jeremiah sank into the mud" (Jer. 38:6), so also the cross was Christ's cistern, so to speak. And when His enemies had thrown Him in by nailing Him to the cross, He sank so deep in the mire of our sin as to be utterly covered with our transgressions. O what agony He endured, One not born into sin or acclimatized to it as we are, as He sunk in the great dismal swamp of our sin! Let our hearts be filled with deep contrition and gratitude as we consider Him who knew no sin, who became [covered in] sin on our behalf, that we might become the righteousness of God in Him" (2 Cor. 5:21).  
Read Galatians 3:13

### ☐ Tuesday - A Strong Argument in Prayer.

Psalm 69:13, 16

"So now, our God, listen to the prayer of Your servant and to his supplications ... for we are not presenting our supplications before You on account of any merits of our own, but on account of Your great compassion" (Dan. 9:17-18). Christian, do not ask God to answer your prayer because of how "good" you have been, for your character and performance are imperfect at best. No rather, base your prayer on God's perfect character, as David prays here, "O God, in the greatness of Your lovingkindness, answer me" (Psa. 69:13); and again, "Answer me, O Lord, for Your lovingkindness is good according to the greatness of Your compassion, turn to me" (Psa. 69:16). We pray this way, not to persuade God or "butter Him up," but to constantly remind ourselves of the gracious character of the One to whom our prayer is addressed. Read James 5:16

### ☐ Wednesday - Zeal for God's House.

Psalm 69:9

"Zeal for Your house has consumed me" (Psa. 69:9). David, the man after God's heart, was zealous for God's House (cf. Psa. 26:8, 27:4). How much more was the Son of David, in whom actually beat the heart of God, completely consumed with such zeal! And when Jesus drove the money changers out of the temple, His disciples remembered this verse (Jn. 2:17). But we should not think of God's house as a physical structure. No rather, God's people are His temple, and it is zeal for His people that consumes Him. He is jealous to be your first love (Rev. 2:4), and zealous to be the only object of your praise and worship (Isa. 42:8; Ex. 34:14).  
Read 1 Corinthians 3:16, 6:19

### ☐ Thursday - Take Up the Cross.

Psalm 69:9

David laments, "The reproaches of those who reproach You [Lord] have fallen on me" (Psa. 69:9). It is true, "all who desire to live godly in Christ Jesus will be persecuted" (2 Tim. 3:12). Jesus reminded His disciples, "Remember the word that I said to you, 'A slave is not greater than his master.' If they persecuted Me, they will also persecute you" (Jn. 15:20). Therefore, Jesus said, "If anyone wishes to come after Me, he must deny himself, and take up his cross daily and follow Me" (Lk. 9:23). Read John 16:33

### ☐ Friday - Choice to Rejoice.

Psalm 69:30

Here, in Psalm 69, David bares his heart: "I am weary with my crying" (v. 3), "I am in distress" (v. 17), "reproach has broken my heart and I am so sick" (v. 20), "I am afflicted and in pain" (v. 29). David's emotions are raw and his feelings are real. Lesser men might be tempted to have a pity party, but David purposed, "I will praise the name of God with song and magnify Him with thanksgiving" (Psa. 69:30). His circumstances had not changed, in fact, nothing had changed except David's choice to rejoice.  
Read 1 Thessalonians 4:4