

Disciple Series Week 1 Readings

In Week 1 of the Disciple series we were challenged to start reading the Bible each day. We also saw that David was someone who was Bible-based. Each Day this week I will post a chapter from the Bible focusing on the life of David. If you don't have a Bible reading plan, you can use these posts to do your daily Bible reading.

Day 1

Hey Guys, on Sunday we were challenged to start reading the Bible each day. We also saw that David was someone who was Bible-based. Each day this week I will post a chapter from the Bible focussing on the life of David. If you don't have a Bible reading plan, you can use these posts to do your daily Bible reading...

Samuel Anoints David (1 Samuel 16)

1-5 The Lord said to Samuel, 'How long will you mourn for Saul, since I have rejected him as king over Israel? Fill your horn with oil and be on your way; I am sending you to Jesse of Bethlehem. I have chosen one of his sons to be king.' But Samuel said, 'How can I go? If Saul hears about it, he will kill me.' The Lord said, 'Take a heifer with you and say, "I have come to sacrifice to the Lord." Invite Jesse to the sacrifice, and I will show you what to do. You are to anoint for me the one I indicate.' Samuel did what the Lord said. When he arrived at Bethlehem, the elders of the town trembled when they met him. They asked, 'Do you come in peace?' Samuel replied, 'Yes, in peace; I have come to sacrifice to the Lord. Consecrate yourselves and come to the sacrifice with me.' Then he consecrated Jesse and his sons and invited them to the sacrifice.

6-13 When they arrived, Samuel saw Eliab and thought, 'Surely the Lord's anointed stands here before the Lord.' But the Lord said to Samuel, 'Do not consider his appearance or his height, for I have rejected him. The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart.' Then Jesse called Abinadab and made him pass in front of Samuel. But Samuel said, 'The Lord has not chosen this one either.' Jesse then made Shammah pass by, but Samuel said, 'Nor has the Lord chosen this one.' Jesse made seven of his sons pass before Samuel, but Samuel said to him, 'The Lord has not chosen these.' So he asked Jesse, 'Are these all the sons you have?' 'There is still the youngest,' Jesse answered. 'He is tending the sheep.' Samuel said, 'Send for him; we will not sit down until he arrives.' So he sent for him and had him brought in. He was glowing with health and had a fine appearance and handsome features. Then the Lord said, 'Rise and anoint him; this is the one.' So Samuel took the horn of oil and anointed him in the presence of his brothers, and from that day on the Spirit of the Lord came powerfully upon David. Samuel then went to Ramah.

14-23 Now the Spirit of the Lord had departed from Saul, and an evil spirit from the Lord tormented him. Saul's attendants said to him, 'See, an evil spirit from God is tormenting you. Let our lord command his servants here to search for someone who can play the lyre. He will play when the evil spirit from God comes on you, and you will feel better.' So Saul said to his attendants, 'Find someone who plays well and bring him to me.' One of the servants answered, 'I have seen a son of Jesse of Bethlehem who knows how to play the lyre. He is a brave man and a warrior. He speaks well and is a fine-looking man. And the Lord is with him.' Then Saul sent messengers to Jesse and said, 'Send me your son David, who is with the sheep.' So Jesse took a donkey loaded with bread, a skin of wine and a young goat and sent them with his son David to Saul. David came to Saul and entered his service. Saul liked him very much, and David became one of his armour-bearers. Then Saul sent word to Jesse, saying, 'Allow David to remain in my service, for I am pleased with him.' Whenever the spirit from God came on Saul, David would take up his lyre and play. Then relief would come to Saul; he would feel better, and the evil spirit would leave him.

Day 2

Here is the reading from the life of David today.

David and Goliath (1 Samuel 17)

1-3 Now the Philistines gathered their forces for war and assembled at Sokoh in Judah. They pitched camp at Ephes Dammim, between Sokoh and Azekah. Saul and the Israelites assembled and camped in the Valley of Elah and drew up their battle line to meet the Philistines. The Philistines occupied one hill and the Israelites another, with the valley between them.

4-7 A champion named Goliath, who was from Gath, came out of the Philistine camp. His height was six cubits and a span. He had a bronze helmet on his head and wore a coat of scale armour of bronze weighing five thousand shekels; on his legs he wore bronze greaves, and a bronze javelin was slung on his back. His spear shaft was like a weaver's rod, and its iron point weighed six hundred shekels. His shield-bearer went ahead of him.

8-11 Goliath stood and shouted to the ranks of Israel, 'Why do you come out and line up for battle? Am I not a Philistine, and are you not the servants of Saul? Choose a man and let him come down to me. If he is able to fight and kill me, we will become your subjects; but if I overcome him and kill him, you will become our subjects and serve us.' Then the Philistine said, 'This day I defy the armies of Israel! Give me a man and let us fight each other.' On hearing the Philistine's words, Saul and all the Israelites were dismayed and terrified.

12-15 Now David was the son of an Ephrathite named Jesse, who was from Bethlehem in Judah. Jesse had eight sons, and in Saul's time he was very old. Jesse's three eldest sons had followed Saul to the war: the firstborn was Eliab; the second, Abinadab; and the third, Shammah. David was the youngest. The three eldest followed Saul, but David went back and forth from Saul to tend his father's sheep at Bethlehem.

16-19 For forty days the Philistine came forward every morning and evening and took his stand. Now Jesse said to his son David, 'Take this ephah of roasted grain and these ten loaves of bread for your brothers and hurry to their camp. Take along these ten cheeses to the commander of their unit. See how your brothers are and bring back some assurance from them. They are with Saul and all the men of Israel in the Valley of Elah, fighting against the Philistines.'

20-24 Early in the morning David left the flock in the care of a shepherd, loaded up and set out, as Jesse had directed. He reached the camp as the army was going out to its battle positions, shouting the war cry. Israel and the Philistines were drawing up their lines facing each other. David left his things with the keeper of supplies, ran to the battle lines and asked his brothers how they were. As he was talking with them, Goliath, the Philistine champion from Gath, stepped out from his lines and shouted his usual defiance, and David heard it. Whenever the Israelites saw the man, they all fled from him in great fear.

25-27 Now the Israelites had been saying, 'Do you see how this man keeps coming out? He comes out to defy Israel. The king will give great wealth to the man who kills him. He will also give him his daughter in marriage and will exempt his family from taxes in Israel.' David asked the men standing near him, 'What will be done for the man who kills this Philistine and removes this disgrace from Israel? Who is this uncircumcised Philistine that he should defy the armies of the living God?' They repeated to him what they had been saying and told him, 'This is what will be done for the man who kills him.'

28-31 When Eliab, David's eldest brother, heard him speaking with the men, he burned with anger at him and asked, 'Why have you come down here? And with whom did you leave those few sheep in the wilderness? I know how conceited you are and how wicked your heart is; you came down only to watch the battle.' 'Now what have I done?' said David. 'Can't I even speak?' He then turned away to someone else and brought up the same matter, and the men answered him as before. What David said was overheard and reported to Saul, and Saul sent for him.

32-37 David said to Saul, 'Let no-one lose heart on account of this Philistine; your servant will go and fight him.' Saul replied, 'You are not able to go out against this Philistine and fight him; you are only a young man, and he has been a warrior from his youth.' But David said to Saul, 'Your servant has been keeping his father's sheep. When a lion or a bear came and carried off a sheep from the flock, I went after it, struck it and rescued the sheep from its mouth. When it turned on me, I seized it by its hair, struck it and killed it. Your servant has killed both the lion and the bear; this uncircumcised Philistine will be like one of them, because he has defied the armies of the living God. The Lord who rescued me from the paw of the lion and

the paw of the bear will rescue me from the hand of this Philistine.’ Saul said to David, ‘Go, and the Lord be with you.’

38-40 Then Saul dressed David in his own tunic. He put a coat of armour on him and a bronze helmet on his head. David fastened on his sword over the tunic and tried walking around, because he was not used to them. ‘I cannot go in these,’ he said to Saul, ‘because I am not used to them.’ So he took them off. Then he took his staff in his hand, chose five smooth stones from the stream, put them in the pouch of his shepherd’s bag and, with his sling in his hand, approached the Philistine.

41-44 Meanwhile, the Philistine, with his shield-bearer in front of him, kept coming closer to David. He looked David over and saw that he was little more than a boy, glowing with health and handsome, and he despised him. He said to David, ‘Am I a dog, that you come at me with sticks?’ And the Philistine cursed David by his gods. ‘Come here,’ he said, ‘and I’ll give your flesh to the birds and the wild animals!’

45-49 David said to the Philistine, ‘You come against me with sword and spear and javelin, but I come against you in the name of the Lord Almighty, the God of the armies of Israel, whom you have defied. This day the Lord will deliver you into my hands, and I’ll strike you down and cut off your head. This very day I will give the carcasses of the Philistine army to the birds and the wild animals, and the whole world will know that there is a God in Israel. All those gathered here will know that it is not by sword or spear that the Lord saves; for the battle is the Lord’s, and he will give all of you into our hands.’ As the Philistine moved closer to attack him, David ran quickly towards the battle line to meet him. Reaching into his bag and taking out a stone, he slung it and struck the Philistine on the forehead. The stone sank into his forehead, and he fell face down on the ground.

50-54 So David triumphed over the Philistine with a sling and a stone; without a sword in his hand he struck down the Philistine and killed him. David ran and stood over him. He took hold of the Philistine’s sword and drew it from the sheath. After he killed him, he cut off his head with the sword. When the Philistines saw that their hero was dead, they turned and ran. Then the men of Israel and Judah surged forward with a shout and pursued the Philistines to the entrance of Gath and to the gates of Ekron. Their dead were strewn along the Shaaraim road to Gath and Ekron. When the Israelites returned from chasing the Philistines, they plundered their camp. David took the Philistine’s head and brought it to Jerusalem; he put the Philistine’s weapons in his own tent.

55-58 As Saul watched David going out to meet the Philistine, he said to Abner, commander of the army, ‘Abner, whose son is that young man?’ Abner replied, ‘As surely as you live, Your Majesty, I don’t know.’ The king said, ‘Find out whose son this young man is.’ As soon as David returned from killing the Philistine, Abner took him and brought him before Saul, with David still holding the Philistine’s head. ‘Whose son are you, young man?’ Saul asked him. David said, ‘I am the son of your servant Jesse of Bethlehem.’

Day 3

Hey there, I trust you are on track to read a chapter of the Bible each day. Here is the next chapter to read about the life of David. I always find it helpful to read the passage and reflect on what you can learn from the passage and then say a prayer, asking God to help you apply it to your life.

Saul’s Growing Fear of David (1 Samuel 18)

1-4 After David had finished talking with Saul, Jonathan became one in spirit with David, and he loved him as himself. From that day Saul kept David with him and did not let him return home to his family. And Jonathan made a covenant with David because he loved him as himself. Jonathan took off the robe he was wearing and gave it to David, along with his tunic, and even his sword, his bow and his belt.

5-9 Whatever mission Saul sent him on, David was so successful that Saul gave him a high rank in the army. This pleased all the troops, and Saul’s officers as well. When the men were returning home after David had killed the Philistine, the women came out from all the towns of Israel to meet King Saul with singing and dancing, with joyful songs and with tambourines and lyres. As they danced, they sang: ‘Saul has slain his thousands, and David his tens of thousands.’ Saul was very angry; this refrain displeased him greatly. ‘They have credited David with tens of thousands,’ he thought, ‘but me with only thousands. What more can he get but the kingdom?’ And from that time on Saul kept a close eye on David.

10-11 The next day an evil spirit from God came forcefully on Saul. He was prophesying in his house, while David was playing the lyre, as he usually did. Saul had a spear in his hand and he hurled it, saying to himself, 'I'll pin David to the wall.' But David eluded him twice.

12-16 Saul was afraid of David, because the Lord was with David but had departed from Saul. So he sent David away from him and gave him command over a thousand men, and David led the troops in their campaigns. In everything he did he had great success, because the Lord was with him. When Saul saw how successful he was, he was afraid of him. But all Israel and Judah loved David, because he led them in their campaigns.

17-19 Saul said to David, 'Here is my elder daughter Merab. I will give her to you in marriage; only serve me bravely and fight the battles of the Lord.' For Saul said to himself, 'I will not raise a hand against him. Let the Philistines do that!' But David said to Saul, 'Who am I, and what is my family or my clan in Israel, that I should become the king's son-in-law?' So when the time came for Merab, Saul's daughter, to be given to David, she was given in marriage to Adriel of Meholah.

20-21 Now Saul's daughter Michal was in love with David, and when they told Saul about it, he was pleased. 'I will give her to him,' he thought, 'so that she may be a snare to him and so that the hand of the Philistines may be against him.' So Saul said to David, 'Now you have a second opportunity to become my son-in-law.'

22-23 Then Saul ordered his attendants: 'Speak to David privately and say, "Look, the king likes you, and his attendants all love you; now become his son-in-law."' They repeated these words to David. But David said, 'Do you think it is a small matter to become the king's son-in-law? I'm only a poor man and little known.'

24-27 When Saul's servants told him what David had said, Saul replied, 'Say to David, "The king wants no other price for the bride than a hundred Philistine foreskins, to take revenge on his enemies."' Saul's plan was for David to fall by the hands of the Philistines. When the attendants told David these things, he was pleased to become the king's son-in-law. So before the allotted time elapsed, David took his men with him and went out and killed two hundred Philistines and brought back their foreskins. They counted out the full number to the king so that David might become the king's son-in-law. Then Saul gave him his daughter Michal in marriage.

28-30 When Saul realised that the Lord was with David and that his daughter Michal loved David, Saul became still more afraid of him, and he remained his enemy for the rest of his days. The Philistine commanders continued to go out to battle, and as often as they did, David met with more success than the rest of Saul's officers, and his name became well known.

Day 4

How are you doing with reading a chapter of the Bible each day? It takes commitment and dedication but it will definitely change your life. If you have missed a day or have not actually started yet - then start with this reading and don't try and catch up what you have missed!

David spares Saul's life (1 Samuel 24)

1-4 After Saul returned from pursuing the Philistines, he was told, 'David is in the Desert of En Gedi.' So Saul took three thousand able young men from all Israel and set out to look for David and his men near the Crags of the Wild Goats. He came to the sheepfolds along the way; a cave was there, and Saul went in to relieve himself. David and his men were far back in the cave. The men said, 'This is the day the Lord spoke of when he said to you, "I will give your enemy into your hands for you to deal with as you wish."' Then David crept up unnoticed and cut off a corner of Saul's robe.

5-7 Afterwards, David was conscience-stricken for having cut off a corner of his robe. He said to his men, 'The Lord forbid that I should do such a thing to my master, the Lord's anointed, or lay my hand on him; for he is the anointed of the Lord.' With these words David sharply rebuked his men and did not allow them to attack Saul. And Saul left the cave and went his way.

8-13 Then David went out of the cave and called out to Saul, 'My lord the king!' When Saul looked behind him, David bowed down and prostrated himself with his face to the ground. He said to Saul, 'Why do you listen when men say, "David is bent on harming you"? This day you have seen with your own eyes how the Lord gave you into my hands in the cave. Some urged me to kill you, but I spared you; I said, "I will not lay my hand on my lord, because he is the Lord's anointed." See, my father, look at this piece of your robe in

my hand! I cut off the corner of your robe but did not kill you. See that there is nothing in my hand to indicate that I am guilty of wrongdoing or rebellion. I have not wronged you, but you are hunting me down to take my life. May the Lord judge between you and me. And may the Lord avenge the wrongs you have done to me, but my hand will not touch you. As the old saying goes, "From evildoers come evil deeds," so my hand will not touch you.

14-22 'Against whom has the king of Israel come out? Who are you pursuing? A dead dog? A flea? May the Lord be our judge and decide between us. May he consider my cause and uphold it; may he vindicate me by delivering me from your hand.' When David finished saying this, Saul asked, 'Is that your voice, David my son?' And he wept aloud. 'You are more righteous than I,' he said. 'You have treated me well, but I have treated you badly. You have just now told me about the good you did to me; the Lord gave me into your hands, but you did not kill me. When a man finds his enemy, does he let him get away unharmed? May the Lord reward you well for the way you treated me today. I know that you will surely be king and that the kingdom of Israel will be established in your hands. Now swear to me by the Lord that you will not kill off my descendants or wipe out my name from my father's family.' So David gave his oath to Saul. Then Saul returned home, but David and his men went up to the stronghold.

Day 5

Here is the reading from the life of David for today.

David becomes king over Israel (2 Samuel 5)

1-5 All the tribes of Israel came to David at Hebron and said, 'We are your own flesh and blood. In the past, while Saul was king over us, you were the one who led Israel on their military campaigns. And the Lord said to you, "You shall shepherd my people Israel, and you shall become their ruler."' When all the elders of Israel had come to King David at Hebron, the king made a covenant with them at Hebron before the Lord, and they anointed David king over Israel. David was thirty years old when he became king, and he reigned for forty years. In Hebron he reigned over Judah for seven years and six months, and in Jerusalem he reigned over all Israel and Judah for thirty-three years.

6-10 The king and his men marched to Jerusalem to attack the Jebusites, who lived there. The Jebusites said to David, 'You will not get in here; even the blind and the lame can ward you off.' They thought, 'David cannot get in here.' Nevertheless, David captured the fortress of Zion – which is the City of David. On that day David had said, 'Anyone who conquers the Jebusites will have to use the water shaft to reach those "lame and blind" who are David's enemies.' That is why they say, 'The "blind and lame" will not enter the palace.' David then took up residence in the fortress and called it the City of David. He built up the area around it, from the terraces inwards. And he became more and more powerful, because the Lord God Almighty was with him.

11-16 Now Hiram king of Tyre sent envoys to David, along with cedar logs and carpenters and stonemasons, and they built a palace for David. Then David knew that the Lord had established him as king over Israel and had exalted his kingdom for the sake of his people Israel. After he left Hebron, David took more concubines and wives in Jerusalem, and more sons and daughters were born to him. These are the names of the children born to him there: Shammua, Shobab, Nathan, Solomon, Ibhar, Elishua, Nepheg, Japhia, Elishama, Eliada and Eliphelet.

17-21 When the Philistines heard that David had been anointed king over Israel, they went up in full force to search for him, but David heard about it and went down to the stronghold. Now the Philistines had come and spread out in the Valley of Rephaim; so David enquired of the Lord, 'Shall I go and attack the Philistines? Will you deliver them into my hands?' The Lord answered him, 'Go, for I will surely deliver the Philistines into your hands.' So David went to Baal Perazim, and there he defeated them. He said, 'As waters break out, the Lord has broken out against my enemies before me.' So that place was called Baal Perazim. The Philistines abandoned their idols there, and David and his men carried them off.

22-25 Once more the Philistines came up and spread out in the Valley of Rephaim; so David enquired of the Lord, and he answered, 'Do not go straight up, but circle round behind them and attack them in front of the poplar trees. As soon as you hear the sound of marching in the tops of the poplar trees, move quickly, because that will mean the Lord has gone out in front of you to strike the Philistine army.' So David did as the Lord commanded him, and he struck down the Philistines all the way from Gibeon to Gezer.

Day 6

Here is the reading from the life of David for today.

The ark brought to Jerusalem (2 Samuel 6)

1-5 David again brought together all the able young men of Israel – thirty thousand. He and all his men went to Baalah in Judah to bring up from there the ark of God, which is called by the Name, the name of the Lord Almighty, who is enthroned between the cherubim on the ark. They set the ark of God on a new cart and brought it from the house of Abinadab, which was on the hill. Uzzah and Ahio, sons of Abinadab, were guiding the new cart with the ark of God on it, and Ahio was walking in front of it. David and all Israel were celebrating with all their might before the Lord, with castanets, harps, lyres, tambourines, rattles and cymbals.

6-11 When they came to the threshing-floor of Nakhon, Uzzah reached out and took hold of the ark of God, because the oxen stumbled. The Lord's anger burned against Uzzah because of his irreverent act; therefore God struck him down, and he died there beside the ark of God. Then David was angry because the Lord's wrath had broken out against Uzzah, and to this day that place is called Perez Uzzah. David was afraid of the Lord that day and said, 'How can the ark of the Lord ever come to me?' He was not willing to take the ark of the Lord to be with him in the City of David. Instead, he took it to the house of Obed-Edom the Gittite. The ark of the Lord remained in the house of Obed-Edom the Gittite for three months, and the Lord blessed him and his entire household.

12-16 Now King David was told, 'The Lord has blessed the household of Obed-Edom and everything he has, because of the ark of God.' So David went to bring up the ark of God from the house of Obed-Edom to the City of David with rejoicing. When those who were carrying the ark of the Lord had taken six steps, he sacrificed a bull and a fattened calf. Wearing a linen ephod, David was dancing before the Lord with all his might, while he and all Israel were bringing up the ark of the Lord with shouts and the sound of trumpets. As the ark of the Lord was entering the City of David, Michal daughter of Saul watched from a window. And when she saw King David leaping and dancing before the Lord, she despised him in her heart.

17-19 They brought the ark of the Lord and set it in its place inside the tent that David had pitched for it, and David sacrificed burnt offerings and fellowship offerings before the Lord. After he had finished sacrificing the burnt offerings and fellowship offerings, he blessed the people in the name of the Lord Almighty. Then he gave a loaf of bread, a cake of dates and a cake of raisins to each person in the whole crowd of Israelites, both men and women. And all the people went to their homes.

20-23 When David returned home to bless his household, Michal daughter of Saul came out to meet him and said, 'How the king of Israel has distinguished himself today, going around half-naked in full view of the slave girls of his servants as any vulgar fellow would!' David said to Michal, 'It was before the Lord, who chose me rather than your father or anyone from his house when he appointed me ruler over the Lord's people Israel – I will celebrate before the Lord. I will become even more undignified than this, and I will be humiliated in my own eyes. But by these slave girls you spoke of, I will be held in honour.' And Michal daughter of Saul had no children to the day of her death.

Day 7

Here is the reading from the life of David for today.

David's song of praise (2 Samuel 22)

1-3 David sang to the Lord the words of this song when the Lord delivered him from the hand of all his enemies and from the hand of Saul. He said:

'The Lord is my rock, my fortress and my deliverer;
my God is my rock, in whom I take refuge,
my shield and the horn of my salvation.
He is my stronghold, my refuge and my saviour –
from violent people you save me.

4-6 'I called to the Lord, who is worthy of praise,
and have been saved from my enemies.

The waves of death swirled about me;

the torrents of destruction overwhelmed me.
The cords of the grave coiled around me;
the snares of death confronted me.
7-9 'In my distress I called to the Lord;
I called out to my God.
From his temple he heard my voice;
my cry came to his ears.
The earth trembled and quaked,
the foundations of the heavens shook;
they trembled because he was angry.
Smoke rose from his nostrils;
consuming fire came from his mouth,
burning coals blazed out of it.
10-16 He parted the heavens and came down;
dark clouds were under his feet.
He mounted the cherubim and flew;
he soared on the wings of the wind.
He made darkness his canopy around him –
the dark rain clouds of the sky.
Out of the brightness of his presence
bolts of lightning blazed forth.
The Lord thundered from heaven;
the voice of the Most High resounded.
He shot his arrows and scattered the enemy,
with great bolts of lightning he routed them.
The valleys of the sea were exposed
and the foundations of the earth laid bare
at the rebuke of the Lord,
at the blast of breath from his nostrils.
17-20 'He reached down from on high and took hold of me;
he drew me out of deep waters.
He rescued me from my powerful enemy,
from my foes, who were too strong for me.
They confronted me in the day of my disaster,
but the Lord was my support.
He brought me out into a spacious place;
he rescued me because he delighted in me.
21-25 'The Lord has dealt with me according to my righteousness;
according to the cleanness of my hands he has rewarded me.
For I have kept the ways of the Lord;
I am not guilty of turning from my God.
All his laws are before me;
I have not turned away from his decrees.
I have been blameless before him
and have kept myself from sin.
The Lord has rewarded me according to my righteousness,
according to my cleanness in his sight.
26-30 'To the faithful you show yourself faithful,
to the blameless you show yourself blameless,
to the pure you show yourself pure,
but to the devious you show yourself shrewd.
You save the humble,
but your eyes are on the haughty to bring them low.
You, Lord, are my lamp;

the Lord turns my darkness into light.
With your help I can advance against a troop;
with my God I can scale a wall.
31-37 'As for God, his way is perfect:
the Lord's word is flawless;
he shields all who take refuge in him.
For who is God besides the Lord?
And who is the Rock except our God?
It is God who arms me with strength
and keeps my way secure.
He makes my feet like the feet of a deer;
he causes me to stand on the heights.
He trains my hands for battle;
my arms can bend a bow of bronze.
You make your saving help my shield;
your help has made me great.
You provide a broad path for my feet,
so that my ankles do not give way.
38-43 'I pursued my enemies and crushed them;
I did not turn back till they were destroyed.
I crushed them completely, and they could not rise;
they fell beneath my feet.
You armed me with strength for battle;
you humbled my adversaries before me.
You made my enemies turn their backs in flight,
and I destroyed my foes.
They cried for help, but there was no-one to save them –
to the Lord, but he did not answer.
I beat them as fine as the dust of the earth;
I pounded and trampled them like mud in the streets.
44-46 'You have delivered me from the attacks of the peoples;
you have preserved me as the head of nations.
People I did not know now serve me,
foreigners cower before me;
as soon as they hear of me, they obey me.
They all lose heart;
they come trembling from their strongholds.
47-51 'The Lord lives! Praise be to my Rock!
Exalted be my God, the Rock, my Saviour!
He is the God who avenges me,
who puts the nations under me,
who sets me free from my enemies.
You exalted me above my foes;
from a violent man you rescued me.
Therefore I will praise you, Lord, among the nations;
I will sing the praises of your name.
'He gives his king great victories;
he shows unfailing kindness to his anointed,
to David and his descendants for ever.'