

## Tehillim / Psalms 143 | ספר תהילים קמג

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### The Lord's Righteousness brings Our Soul out of Trouble

In this week's study from *Tehillim / Psalms 143:1-12*, the psalm opens saying, **א מִזְמוֹר לְדָוִד יְהוָה | שָׁמַע תְּפִלְתִּי הַאֲזִינָה אֶל-תְּחִנּוֹתַי בְּאֲמִנְתֶּךָ עֲנֵנִי בְצַדִּיקְתֶּךָ: ב וְאֶל-תְּבוֹא בְמִשְׁפָּט אֶת-עַבְדְּךָ כִּי לֹא-יִצְדַּק לִפְנֵיךָ כָּל-שָׁמַע תְּפִלְתִּי הַאֲזִינָה אֶל-תְּחִנּוֹתַי בְּאֲמִנְתֶּךָ עֲנֵנִי בְצַדִּיקְתֶּךָ: ב** *Hear my prayer, O Lord, Give ear to my supplications! Answer me in Your faithfulness, in Your righteousness! 143:2 And do not enter into judgment with Your servant, For in Your sight no man living is righteous. (NASB)* David believes in the faithfulness of God to His people and specifically to himself. He speaks of what the enemy is doing saying, **ג כִּי רָדַף אוֹיֵב | נִפְשִׁי דָפָא לְאַרְצָן חִיְתִי הוֹשִׁיבֵנִי בְּמַחְשָׁפִים כְּמִתִּי, עוֹלָם: ד וַתִּתְעַטֵּף עָלַי רוּחִי בְּתוֹכִי יִשְׁתּוּמֵם לְבָבִי: ה זְכַרְתִּי יָמִים | מְקֻדָּם הִגִּיתִי בְּכָל-פְּעֻלָּךְ בְּמַעֲשֵׂה יְדֶיךָ אֲשׁוּחָח: 143:3 For the enemy has persecuted my soul; He has crushed my life to the ground; He has made me dwell in dark places, like those who have long been dead. 143:4 Therefore my spirit is overwhelmed within me; My heart is appalled within me. 143:5 I remember the days of old; I meditate on all Your doings; I muse on the work of Your hands. (NASB)** Our memory is vital in our relying upon and trusting in the Lord. This is why David said, **ו פִּרְשָׁתִּי יְדֵי אֱלֹהֶיךָ נִפְשִׁי | כְּאַרְצֵן-עֵינֶפֶה לָּךְ סְלָה: ז מִהֵרָ עֲנֵנִי | יְהוָה כָּלְתָה רוּחִי אֶל-תְּסִתֶר, פְּנֵיךָ מִמְּנֵי וְנִמְשָׁלְתִּי עִם-יְרֵדֵי בּוֹר: ח הַשְּׁמִיעֵנִי בְּבִקְרָה | חֲסִדְּךָ כִּי-בָךְ בְּטָחָתִי הוֹדִיעֵנִי דָרְךָ-זוֹ אֲלֹהֶיךָ כִּי-אֱלֹהֶיךָ נִשְׁאַתִּי: 143:6 I stretch out my hands to You; My soul longs for You, as a parched land. Selah. 143:7 Answer me quickly, O Lord, my spirit fails; Do not hide Your face from me, Or I will become like those who go down to the pit. 143:8 Let me hear Your lovingkindness in the morning; For I trust in You; Teach me the way in which I should walk; For to You I lift up my soul. (NASB)** The Psalm concludes saying, **ט הִצִּילֵנִי מֵאֵיבִי | יְהוָה אֱלֹהֶיךָ כִּסְתֵנִי: י לְמִדְּנִי | לַעֲשׂוֹת רְצוֹנְךָ כִּי-אַתָּה אֵלֹהֵי רוּחִי טוֹבָה תִּנְחֵנִי בְּאַרְצֵן מִישׁוֹר: יא לְמַעַן-שָׁמָּה יְהוָה יִדְּוֶנִּי בְצַדִּיקְתֶּךָ | תוֹצִיא מְצָרָה נִפְשִׁי: יב וּבְחַסְדְּךָ תִּצְמִית אֵיבֵי וְהֶאֱבַדְתָּ כָּל-צָרָרִי נִפְשִׁי כִּי אָנִי עַבְדְּךָ: 143:9 Deliver me, O Lord, from my enemies; I take refuge in You. 143:10 Teach me to do Your will, For You are my God; Let Your good Spirit lead me on level ground. 143:11 For the sake of Your name, O Lord, revive me. In Your righteousness bring my soul out of trouble. 143:12 And in Your lovingkindness, cut off my enemies And destroy all those who afflict my soul, For I am Your servant. (NASB)**

**עברית Hebrew ארמי Aramaic ελληνικός Greek**

עברית	Hebrew	ארמי	Aramaic	ελληνικός	Greek
ספר תהלים פרק קמג	ספר טוביה פרק קמג	ΨΑΛΜΟΙ 143			
א מִזְמוֹר לְדָוִד יְהוָה   שָׁמַע תְּפִלְתִּי הַאֲזִינָה אֶל-תְּחִנּוֹתַי בְּאֲמִנְתֶּךָ עֲנֵנִי בְצַדִּיקְתֶּךָ: ב וְאֶל-תְּבוֹא בְמִשְׁפָּט אֶת-עַבְדְּךָ כִּי לֹא-יִצְדַּק לִפְנֵיךָ כָּל-שָׁמַע תְּפִלְתִּי הַאֲזִינָה אֶל-תְּחִנּוֹתַי בְּאֲמִנְתֶּךָ עֲנֵנִי בְצַדִּיקְתֶּךָ: ב	א שבחא לדוד יהוה שמע צלותי אצית לתחנוני בקושטך עני יתי בצדקתך: ב ולא ואל תעול לבית דינא עם עבדך ארום לא יזכי קדמך כל דחי: ג ארום רדיף בעיל דבבא נפשי דכדיך לארעא חייתי אותבני בחשוכיא היך שכיבי עלמא הדין ההוא: ד באשתלהיות עלי רוחי בגושמי ישתעמם לבי:	143:1 ψαλμός τῷ Δαυὶδ ὅτε αὐτὸν ὁ υἱὸς καταδιώκει κύριε εἰσάκουσον τῆς προσευχῆς μου ἐνώτισαι τὴν δέησίν μου ἐν τῇ ἀληθείᾳ σου ἐπάκουσόν μου ἐν τῇ δικαιοσύνῃ σου 143:2 καὶ μὴ εἰσέλθῃς εἰς κρίσιν μετὰ τοῦ δούλου σου ὅτι οὐ δικαιοθήσεται ἐνώπιόν σου πᾶς ζῶν 143:3 ὅτι κατεδίωξεν ὁ ἐχθρὸς τὴν ψυχὴν μου ἐταπείνωσεν εἰς γῆν τὴν ζωὴν μου ἐκάθισέν με ἐν σκοτεινοῖς ὡς νεκροὺς αἰῶνος 143:4 καὶ ἠκηδίασεν ἐπ' ἐμὲ τὸ πνεῦμά μου ἐν ἐμοὶ ἐταράχθη ἡ καρδιά μου			
ג כִּי רָדַף אוֹיֵב   נִפְשִׁי דָפָא לְאַרְצָן חִיְתִי הוֹשִׁיבֵנִי בְּמַחְשָׁפִים כְּמִתִּי, עוֹלָם: ד וַתִּתְעַטֵּף עָלַי רוּחִי בְּתוֹכִי יִשְׁתּוּמֵם לְבָבִי: ה זְכַרְתִּי יָמִים   מְקֻדָּם הִגִּיתִי בְּכָל-פְּעֻלָּךְ בְּמַעֲשֵׂה יְדֶיךָ אֲשׁוּחָח: 143:3 For the enemy has persecuted my soul; He has crushed my life to the ground; He has made me dwell in dark places, like those who have long been dead. 143:4 Therefore my spirit is overwhelmed within me; My heart is appalled within me. 143:5 I remember the days of old; I meditate on all Your doings; I muse on the work of Your hands. (NASB)	ג ארום לא יזכי קדמך כל דחי: ג ארום רדיף בעיל דבבא נפשי דכדיך לארעא חייתי אותבני בחשוכיא היך שכיבי עלמא הדין ההוא: ד באשתלהיות עלי רוחי בגושמי ישתעמם לבי:				
ו פִּרְשָׁתִּי יְדֵי אֱלֹהֶיךָ נִפְשִׁי   כְּאַרְצֵן-עֵינֶפֶה לָּךְ סְלָה: ז מִהֵרָ עֲנֵנִי   יְהוָה כָּלְתָה רוּחִי אֶל-תְּסִתֶר, פְּנֵיךָ מִמְּנֵי וְנִמְשָׁלְתִּי עִם-יְרֵדֵי בּוֹר: ח הַשְּׁמִיעֵנִי בְּבִקְרָה   חֲסִדְּךָ כִּי-בָךְ בְּטָחָתִי הוֹדִיעֵנִי דָרְךָ-זוֹ אֲלֹהֶיךָ כִּי-אֱלֹהֶיךָ נִשְׁאַתִּי: 143:6 I stretch out my hands to You; My soul longs for You, as a parched land. Selah. 143:7 Answer me quickly, O Lord, my spirit fails; Do not hide Your face from me, Or I will become like those who go down to the pit. 143:8 Let me hear Your lovingkindness in the morning; For I trust in You; Teach me the way in which I should walk; For to You I lift up my soul. (NASB)					
ט הִצִּילֵנִי מֵאֵיבִי   יְהוָה אֱלֹהֶיךָ כִּסְתֵנִי: י לְמִדְּנִי   לַעֲשׂוֹת רְצוֹנְךָ כִּי-אַתָּה אֵלֹהֵי רוּחִי טוֹבָה תִּנְחֵנִי בְּאַרְצֵן מִישׁוֹר: יא לְמַעַן-שָׁמָּה יְהוָה יִדְּוֶנִּי בְצַדִּיקְתֶּךָ   תוֹצִיא מְצָרָה נִפְשִׁי: יב וּבְחַסְדְּךָ תִּצְמִית אֵיבֵי וְהֶאֱבַדְתָּ כָּל-צָרָרִי נִפְשִׁי כִּי אָנִי עַבְדְּךָ: 143:9 Deliver me, O Lord, from my enemies; I take refuge in You. 143:10 Teach me to do Your will, For You are my God; Let Your good Spirit lead me on level ground. 143:11 For the sake of Your name, O Lord, revive me. In Your righteousness bring my soul out of trouble. 143:12 And in Your lovingkindness, cut off my enemies And destroy all those who afflict my soul, For I am Your servant. (NASB)					

<p>ה זכרתי ימים   מקדם הגיתי בך  כל-פעלה במעשה ידיך אשוחח:  ו פרשתי ידי אליך נפשי   כֹּאֵר  רץ-עיפה לה סלה: ז מהר ענני    יהנה פלטה רוחי אל-תסתר פניך  ממני ונמשלתי עם-ירדי בור:  ח השמיעני בבקר   חסדך פי-  כה בטחתי הודיעני דרך-זו אלה  כי-אליך נשאתי נפשי: ט הצי-  לני מאיבי   יהנה אליך כסתי: י  למדני   לעשות רצונך פי-אתה  אלוהי רוחך טובה תנחני בארץ  מישור: יא למען-שמך יהנה  תחיני בצדקתך   תוציא מצרה  נפשי: יב ובחסדך תצמית איבי  והאבדת כל-צירי נפשי כי אני  עבדך:</p>	<p>ה אדכרית יומין מלקדמין רננית  בכולהון עובדך בעובדי אידך אמליל:  ו פריסית אידי בצלו קדמך נפשי היך  ארעא דצהיא למיא מודיקא לך לע-  למין: ז סרהיב עני יתי יהוה רגיגת  לך רוחי ונשמתי לא תסלק תסתלק  שכינתך מיני ואמתילית עם נחותי גוב  בית קבורתא: ח אשמיע יתי בצפר  טובך ארום במימרך סברית אודע  יתי אורח דנן דאהלך ארום לותך זק-  פית נפשי בצלו: ט פצי יתי מבעלי  דבבי יהוה מימרך מניתי לפריק: י  אליך יתי למיעבד רעותך ארום אנת  את אלהי רוח קודשך טבא תדבר יתי  בארעא באורח תריץ: יא מן בגלל  שמך יהוה תקיימיני בצדקך אפיק מן  עקתא נפשי: יב ובחסדך תמגר בעלי  דבבי ותהובד כל מעיקי נפשי ארום  אנא עבדך:</p>	<p>143:5 ἐμνήσθην ἡμερῶν ἀρχαίων καὶ  ἐμελέτησα ἐν πᾶσι τοῖς ἔργοις σου ἐν  ποιήμασιν τῶν χειρῶν σου ἐμελέτων  143:6 διεπέτασα τὰς χεῖράς μου πρὸς  σέ ἡ ψυχὴ μου ὡς γῆ ἄνυδρός σοι  διάψαλμα 143:7 ταχὺ εἰσάκουσόν  μου κύριε ἐξέλιπεν τὸ πνεῦμά μου μὴ  ἀποστρέψῃς τὸ πρόσωπόν σου ἀπ’ ἐμοῦ  καὶ ὁμοιωθήσομαι τοῖς καταβαίνουσιν  εἰς λάκκον 143:8 ἀκουστὸν ποιήσόν  μοι τὸ πρῶτὸ τὸ ἔλεός σου ὅτι ἐπὶ σοὶ  ἤλπισα γνώρισόν μοι κύριε ὁδὸν ἐν ἣ  πορεύσομαι ὅτι πρὸς σέ ἦρα τὴν ψυχὴν  μου 143:9 ἐξελοῦ με ἐκ τῶν ἐχθρῶν μου  κύριε ὅτι πρὸς σέ κατέφυγον 143:10  δίδαξόν με τοῦ ποιεῖν τὸ θέλημά σου  ὅτι σὺ εἶ ὁ θεός μου τὸ πνεῦμά σου  τὸ ἀγαθὸν ὁδηγήσει με ἐν γῆ εὐθεία  143:11 ἔνεκα τοῦ ὀνόματός σου κύριε  ζήσεις με ἐν τῇ δικαιοσύνῃ σου ἐξάξεις  ἐκ θλίψεως τὴν ψυχὴν μου 143:12 καὶ  ἐν τῷ ἔλεει σου ἐξολεθρεύσεις τοὺς  ἐχθρούς μου καὶ ἀπολεῖς πάντας τοὺς  θλίβοντας τὴν ψυχὴν μου ὅτι δοῦλός  σοῦ εἰμι ἐγώ</p>
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<p><b>Tehillim / Psalms 143</b>  143:1 Hear my prayer, O Lord, Give ear to my supplications! Answer me in Your faithfulness, in Your righteousness! 143:2 And do not enter into judgment with Your servant, For in Your sight no man living is righteous. 143:3 For the enemy has persecuted my soul; He has crushed my life to the ground; He has made me dwell in dark places, like those who have long been dead. 143:4 Therefore my spirit is overwhelmed within me; My heart is appalled within me. 143:5 I remember the days of old; I meditate on all Your doings; I muse on the work of Your hands. 143:6 I stretch out my hands to You; My soul longs for You, as a parched land. Selah. 143:7 Answer me quickly, O Lord, my spirit fails; Do not hide Your face from me, Or I will become like those who go down to the pit. 143:8 Let me hear Your loving-kindness in the morning; For I trust in You; Teach me the way in which I should walk; For to You I lift up my soul. 143:9 Deliver me, O Lord, from my enemies; I take refuge in You. 143:10 Teach me to do Your will, For You are my God; Let Your good Spirit lead me on level ground. 143:11 For the sake of Your name, O Lord, revive me. In Your righteousness bring my soul out of trouble. 143:12 And in Your lovingkindness, cut off my enemies And destroy all those who afflict my soul, For I am Your servant. (NASB)</p>	<p><b>Toviyah / Psalms 143</b>  143:1 A praise for David. O Lord, hear my prayer, listen to my supplication; in your truth answer me, in your generosity. 143:2 And do not enter the house of judgment with your servant, for nothing that lives will be pure in your presence. 143:3 For the enemy is persecuting my soul; he has crushed my life to the earth; he made me dwell in darkness like those who are dead in this age. 143:4 When my soul grows weary against me, in my body my heart will be confounded. 143:5 I called to mind the days of old; I meditated on all your deeds; I will speak of the works of your hands. 143:6 I spread out my hands in prayer before you; my soul looks towards you forever like a land that is thirsty for water. 143:7 Hurry, answer me, O Lord; my spirit yearned for you; do not remove your presence from me; and I have become like those who descend to the pit of the grave. 143:8 Proclaim your goodness to me in the morning, for I have hoped in your word; make me know this way that I walk, for to you have I lifted up my soul in prayer. 143:9 Deliver me from my enemies, O Lord; I have reckoned your word to be redeeming. 143:10 Teach me to do your will, for you are my God; your good holy spirit will guide me in the land correctly. 143:11 For the sake of your name, O Lord, sustain me; by your righteousness bring my soul out of distress. 143:12 And by your kindness overthrow my enemies, and destroy all those who oppress my soul, for I am your servant. (EMC)</p>	<p><b>Psalmoi / Psalms 143</b>  A Psalm of David, when his son pursued him. 143:1 O Lord, attend to my prayer: hearken to my supplication in thy truth; hear me in thy righteousness. 143:2 And enter not into judgment with thy servant, for in thy sight shall no man living be justified. 143:3 For the enemy has persecuted my soul; he has brought my life down to the ground; he has made me to dwell in a dark place, as those that have been long dead. 143:4 Therefore my spirit was grieved in me; my heart was troubled within me. 143:5 I remembered the days of old; and I meditated on all thy doings: yea, I meditated on the works of thine hands. 143:6 I spread forth my hands to thee; my soul thirsts for thee, as a dry land. Pause. 143:7 Hear me speedily, O Lord; my spirit has failed; turn not away thy face from me, else I shall be like to them that go down to the pit. 143:8 Cause me to hear thy mercy in the morning; for I have hoped in thee; make known to me, O Lord, the way wherein I should walk; for I have lifted up my soul to thee. 143:9 Deliver me from mine enemies, O Lord; for I have fled to thee for refuge. 143:10 Teach me to do thy will; for thou art my God; thy good Spirit shall guide me in the straight way. 11 Thou shalt quicken me, O Lord, for thy name's sake; in thy righteousness thou shalt bring my soul out of affliction. 143:12 And in thy mercy thou wilt destroy mine enemies, and wilt destroy all those that afflict my soul; for I am thy servant. (LXX)</p>
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In this week's study from *Tehillim / Psalms 143:1-12*, the psalm opens saying, א מְזִמּוֹר לְדָוִד יְהוָה | שָׁמַע תְּפִלָּתִי הָאֵינִי אֶל-תַּחֲנוּנֵי בְּאַמְנֻתְךָ עֲנֵנִי בְּצַדִּיקוֹתֶיךָ: ב וְאַל-תְּבוֹא בְּמִשְׁפָּט אֶת-עַבְדְּךָ כִּי לֹא-יִצְדַּק לְפָנֶיךָ כָּל-יֵט לֹא אִישׁ אֵל וְיִכְזָב וּבֶן-אָדָם וַיִּתְנַהֵם הַהוּא) *143:1 Hear my prayer, O Lord, Give ear to my supplications! Answer me in Your faithfulness, in Your righteousness! 143:2 And do not enter into judgment with Your servant, For in Your sight no man living is righteous. (NASB)* Here we have an ancient insight into the understanding that no man is righteous before the Lord God Almighty. David seeks the Lord's mercy to forgive because no matter how good he is he always falls short of the righteousness of God. These Scriptures also tell us how David believes in the faithfulness of God to His people and specifically to himself. We know according to God's Word, He is faithful to His promises and to us. David realized this having studied God's Torah and relying upon His Word. The Father's faithfulness is intrinsically part of who He is. Throughout the history of Israel, we can see how the Lord has remained faithful to His people even in the midst of their sin. The Torah states in *Bamidbar / Numbers 23:19*, "God is not human, that he should lie, not a human being, that he should change his mind. Does he speak and then not act? Does he promise and not fulfill?" (אֵל לֹא אִישׁ אֵל וְיִכְזָב וּבֶן-אָדָם וַיִּתְנַהֵם הַהוּא) This reveals to us how the Lord is not like a man who has the tendency to make mistakes, to lie, or to change his mind. It is in this way that our trust in the Lord and His faithfulness is established. The Lord does not experience weakness, or being tired, making mistakes, or temptation. He is faithful when we struggle in these things each day. The Apostle Paul pleaded with the Lord to take away the "thorn" in his side. The Lord answered his prayer saying, "My grace/mercy is sufficient for you, for power is perfected in weakness." Paul then states in 2 Corinthians 12:9 saying, "Most gladly, therefore, I will rather boast about my weaknesses, so that the power of Christ may dwell in me." Note how Paul turns his weakness into a way to glorify the Lord God and His Messiah Yeshua. Weakness is a strength when faith is involved. Note how Paul does not doubt or cast doubt on God's ability to heal him. The Lord reveals His faithfulness in the midst of our weakness. When struggling with a temptation, it is easy to think that our struggle is unique, one of which nobody else has gone through. At this point one may isolate himself and draw away from the Lord God. Paul also wrote in *1 Corinthians 10:13*, "No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it." The Lord provides a way for us, even when we feel there is no way out from temptation. The Torah reveals to us how the Lord had this in mind, to provide a way for us to receive forgiveness of sins. This is the point of the Mishkhan (Tabernacle), coming before the Lord, confessing our sins, atonement, and intercession on our behalf (priesthood). This is what the Lord promised us, "if we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." (*1 John 1:9*) We trust the Word of the Lord, that He is faithful to forgive. The rabbis translate the Targum saying, א שְׂבַחָא לְדָוִד יְהוָה שָׁמַע צְלוֹתֵי אֲצִית *143:1 A praise for David. O Lord, hear my prayer, listen to my supplication; in your truth answer me, in your generosity. (EMC)* The translation has David asking for an answer to his prayer in God's generosity. Here the Targum writes בצדקתך "betzadaktecha" meaning "in your righteousness." In the Lord's righteousness He saves His people and He answers our prayers. The reality of these facts are found in the Lord God our Father in heaven sending his only Son Yeshua to pay for our sins. In the Name of Yeshua, the salvation of God the Lord forgives. The Lord is faithful when we are weak, and it is at this point we are to go before the Lord with a humble spirit and He will forgive us and cleanse us. We can experience God's faithfulness. We receive this by believing in His Son Yeshua the Messiah! Examples of God's faithfulness to keep His covenants with His people may be found in the following verses:

- To Noah (God saved Noah and his family) – *Bereshit / Genesis 6:17-18; 9:9-17*
- To Moses (God spared the Israelites when they obey) – *Shemot / Exodus 19:5*
- To Jacob (God reaffirms His everlasting covenant to Israel) – *Tehillim / Psalm 105:10*

There are dozens more scriptures of God's faithfulness to His people. One of the most significant aspects of God's faithfulness is his forgiveness of our sins. The Lord seeks for our repentance and desire to draw near



to Him. He provides us a way to seek and draw near, and to receive forgiveness. The promise of the coming Messiah is found within His faithful promise was to send a redeemer, Yeshua, to make atonement for our sins where the Lord God in heaven is faithful to forgive if we believe in Yeshua and repent of our sins.

- The Lord God sent His Son, (*Matthew 1:21-22*) through Him we have everlasting life – *John 3:16*
- Christ died for our atonement of sin – *1 Thessalonians 5:9-10*
- The Lord God’s promises to remove our sins – *Romans 11:25-27*
- The Lord God established Yeshua as the author of eternal salvation – *Hebrews 5:5-10*
- The Lord God casts our sin into the depths of the sea (never to be remembered again) - *Micah 7:18-19*

The faithfulness of God is such that anyone who seeks Him will find Him. Both faith and faithfulness are a gift. As we apply our faith, being faithful, we begin to realize more and more God’s faithfulness to us. Note that it is the Lord working in our lives to bear the fruit of the Spirit. If we are not bearing His testimonies according to the Torah, we should ask ourselves whether we truly believe what we say that we believe?

### **1 Corinthians 1:9**

*“God, who has called you into fellowship with his Son Jesus Christ our Lord, is faithful.”*

### **1 Corinthians 10:13**

*“No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so you can stand up under it.”*

### **2 Thessalonians 3:3**

*“The Lord is faithful, and he will strengthen and protect you from the evil one.”*

In *1 John 1:9* we are told, *“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”* Based upon these words, we have confidence The Lord God will forgive us and deliver us from our enemies just as David believes with confidence the Lord will forgive and deliver him.

David speaks of what the enemy is doing saying, **ג** כִּי רָדַף אוֹיֵב | נִכְשֵׁי דָכָא לְאַרְץ חַיְתִּי הוֹשִׁיבֵנִי בְּמַחְשָׁכִים, **ד** וַתִּתְעַטֵּף עָלַי רוּחִי בְּתוֹכִי יִשְׁתוּמֵם לְפִי: **ה** זַכְרֹתַי יָמִים | מִקֶּדֶם הִגִּיתִי בְּכָל-פְּעֻלָּה בְּמַעֲשֵׂה יָדַי כְּמִתִּי עוֹלָם: **ו** *143:3 For the enemy has persecuted my soul; He has crushed my life to the ground; He has made me dwell in dark places, like those who have long been dead. 143:4 Therefore my spirit is overwhelmed within me; My heart is appalled within me. 143:5 I remember the days of old; I meditate on all Your doings; I muse on the work of Your hands. (NASB)* Our memory is vital in our relying upon and trusting in the Lord. If we are not in the word of God on a daily basis, we will not be able to discern between what is right and what is wrong (righteousness vs. unrighteousness). David said that because his enemy crushes his life, his spirit is overwhelmed. In today’s world, to be overwhelmed may be the result of taking on too much work or responsibilities that lead to being out of control. Another aspect of becoming overwhelmed may be due to illness or trauma. One may also feel there is too much to do and too little time to do it because of our job, school, time needing to be spent with friends and family, etc. In the Scriptures, when Yeshua felt overwhelmed, he often went away by Himself to get away from the crowds (*Mark 1:35*) and at other times he went away with his disciples. There were also times when he was so busy they didn’t even have time to eat. Yeshua said to his disciples, *“Come with me by yourselves to a quiet place and get some rest.”* (*Mark 6:31*). Yeshua drew away from the crowds in order to draw near to the Lord in heaven. At Gethsemane, Yeshua felt overwhelmed in spirit and soul as it says *“He began to be deeply distressed and troubled. My soul is*

overwhelmed with sorrow to the point of death.” Yeshua said to his disciples “Stay here and keep watch” going a little farther, he fell to the ground and prayed. (Mark 14:33-35). David also dealt with the feeling of being overwhelmed. David’s model for overcoming this was prayer and then remembering the past goodness of God and even during prayer he recalled the goodness of God and His promises. Yeshua did the same, he prayed, and solicited the help of friends to pray for him and for support and encouragement. The Lord is faithful to hear and to take action to help us. When we feel overwhelmed, we pray for peace. David said, “God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea.” (Tehillim / Psalm 46:1-2) Our God is the God of peace (see Romans 15:33 and 1 Corinthians 14:33). His peace we can ask for at any time having faith that He will answer our prayer. The Scriptures speak of the Lord giving us good things (Matthew 7:11) and is why David remembers the Lord and His deeds in the Psalm, ה זכרתי ימים | מקדם הגייתי בכל-פעלך, 143:5 I remember the days of old; I meditate on all Your doings; I muse on the work of Your hands. (NASB) David remembers and strengthens his faith by the Scriptures.

This is why David said, ו פרשתי ידי אליה נפשי | בארץ-עייפה לה סלה | ז מהר ענני | יהוה פלתה רוחי אל- תסתר פניה ממני ונמשלתי עם-ירדי בור | ח השמיעני בבקר | חסדך פי-בה בטחתי הודיעני דרך-זו אלך פי-אליה תסתר פניה ממני ונמשלתי עם-ירדי בור: ח השמיעני בבקר | חסדך פי-בה בטחתי הודיעני דרך-זו אלך פי-אליה: 143:6 I stretch out my hands to You; My soul longs for You, as a parched land. Selah. 143:7 Answer me quickly, O Lord, my spirit fails; Do not hide Your face from me, Or I will become like those who go down to the pit. 143:8 Let me hear Your lovingkindness in the morning; For I trust in You; Teach me the way in which I should walk; For to You I lift up my soul. (NASB) David speaks of how his nefesh (נפשי) his soul is distraught and how his spirit fails due to the enemy coming against him. He seeks the Lord’s help to overcome these feelings. In a similar manner, the weekly prayer outlines this same way making requests before God according to the Siddur Edot HaMizrach, in the weekly Arvit Amidah we read the following:

שובה יהוה עד מתי, והנחם על עבדיך: שבענו בבקר חסדך, ויגונה ונשמחה בכל ימינו: שמחה  
 נו פימות ענינתנו, שנות ראינו רעה: יראה אל עבדיך פעלך, והדרך על בגייהם: ויהי | נעם אדני  
 אליהינו עלינו, ומעשה ידינו כוננה עלינו, ומעשה ידינו כוננהו:

Return, L-rd, until when? And have console Your servant. Gratify us in the morning with your kindness and we will sing and rejoice in all our days. Let us rejoice like the days of our suffering – the years bad. Show Your servant Your deeds, and return it upon their children. And may the Grace of the L-rd, our G-d be upon us and the work of our hands- guide for us and our handiwork guide it.

ישב בסתר עליון בצל שדי יתלונן: אמר ליהוה מחסי ומצודתי אליה אבטח בו: פי הוא יצילך מפח  
 יקוש מדבר הוות: באברתו יסוך לך ותחת כנפיו תחסה צנה וסחרה אמתו: לא תירא מפחד לילה  
 מחץ יעוף יומם: מדבר באפל יהלך מקטב ישוד צהרם: פל מצדך אלה ורובה מימיך אליה לא  
 יגש: רק בעיניך תביט ושלמת רשעים תראה: פי אתה יהוה מחסי עליון שמת מעונך: לא תאנה  
 אליה רעה ונגע לא יקרב באהלה: פי מלאכיו יצוה לך לשמרך בכל דרכיך: על כפים ישאונה פן  
 תגף באבן רגלך: על שחל ופתן תדרך תרמס כפיר ותנין: פי בי חשק ואפליטהו אשגבהו פי ידע  
 שמי: יקראני ואענהו עמו אנכי בצרה אחלצהו ואכבדהו: ארץ ימים אשביעהו ואראהו בישועתי:  
 עד כאן מעומד

He who sits in the shelter of the Supreme One, in the Shadow of the L-rd will he dwell. I say to the L-rd “You are my refuge & my fortress my L-rd, I will trust in Him” For He will save you from the ensnared trap from destructive pestilence. With his pinion will he cover you, & under His wings you will be protected. Shield & Armor are His truth. You shall not fear from terror of night, [nor] from the arrow that flies by day. From pestilence that stalks in the dark, from a destroyer that ravages at noon. A thousand will encamp at your [left] side & ten-thousand by your right & to you they will not come near. Only with your eyes you shall

*peer, & the retribution of the wicked you shall see. Because [you said] “You, L-rd are my refuge” you made the Supreme G-d your abode. No evil shall befall you & a plague will not arrive to your tent. For His angels He will command for you, to protect you in all your ways. On palms they will carry you, lest you stub your foot on a stone. Upon a lion & a serpent you shall tread, you will trample a young lion & a snake. Because he desired My Name - I will protect him & I will lift him - for he knows My Name. He will call Me & I will answer him - I am with him in distress & I will release him & Honor him I will satiate him with longevity of days & I will demonstrate to him My salvation.*

The prayer speaks of taking console in the Lord, searching His Word, and trusting in His promises. The promises of God from the Torah and the Psalms reveals to us God’s desire to save us from our enemies, from the snare, the trap, and from destruction. The Lord will empower us to overcome our enemies because He is our refuge our shelter, our abode, and no evil will come upon us nor will a plague come against us. The Lord knows us by name, and He comes to our rescue. This is why David so longed for the presence of the Lord, and desired to walk in God’s ways saying, *Tehillim / Psalms 119:33 Teach me, O LORD, the way of Your laws; I will observe them to the utmost.* (NASB) Rambam’s Mishneh Torah on Repentance 6:4 states,

וּכְעֵינֵנוּ זֶה שׁוֹאֲלִין הַצַּדִּיקִים וְהַנְּבִיאִים בְּתַפְלֵתָם מֵאֵת ה' לְעֲזָרָם עַל הָאֲמִתּוֹ. כְּמוֹ שֶׁאָמַר דָּוִד (תהילים כז יא) “הוֹרֵנִי ה' דְּרָכֶךָ”. כְּלוּמַר אֵל יִמְנְעֵנִי חֲטָאֵי דְרָךְ הָאֲמִתּוֹ שֶׁמִּמֶּנּוּ אֲדַע דְּרָכֶךָ וְיִחַדֵּךְ שְׂמֶךָ. וְכֵן זֶה שֶׁאָמַר (תהילים נא יד) “וְרוּחַ נְדִיבָה תִסְמְכֵנִי” כְּלוּמַר תַּנְיִחַ רוּחִי לְעֲשׂוֹת חֲפָצֶךָ וְאֵל יִגְרְמוּ לִי חֲטָאֵי לְמַנְעֵנִי מִתְּשׁוּבָה אֲלֵא תַהֲנֶה הַרְשׁוּת בְּיָדִי עַד שֶׁאֲחִזֹּר וְאָבִין וְאֲדַע דְּרָךְ הָאֲמִתּוֹ. וְעַל דְּרָךְ זוֹ כָּל הַדּוֹמָה לְפִסּוּקִים אֵלּוּ:

*Even on this very subject do the righteous and the prophets supplicate and pray that the Lord may help them to discover the truth. As David said: “Teach me Thy way, O Lord, that I may walk in Thy truth” (Ps. 86.11), as if saying: “let not my sins withhold the way of truth, by which I may discover Thy way, and the Oneness of thy Name”. Likewise, this Verse: “Restore unto me the joy of Thy salvation, and let a free spirit uphold me” (Ibid. 51.14), is as if saying: “Grant leave to my spirit to do Thy will, and let not my sins be a cause to withhold repentance from me; but let the power be in my hand until I will turn, and understand and know the true way”. And, in such way all other like verses are interpreted.*

Rambam points out a characteristic of the righteous, they pray asking the Lord to help them to discover truth and to apply God’s truth (Teach me Thy way...). God’s truth leads to life. The exposition on the prayer of the righteous is as one who seeks the Lord to not hold his sins against him to withhold the way of truth, or to withhold repentance. Note how knowing the truth and repentance are both a product of God working in our lives. In fact, the righteous ask the Lord for power to be in our hand in order to understand and know the truth. The reason being it is the truth that sets us free! It is in these things David prays to God who has absolute power and truth, to grant him courage and strength to accomplish his purpose, and to lead him in the way of truth, to teach him the path of uprightness, and to trust and wait upon Him, just as he says in the Psalm, *143:8 Let me hear Your lovingkindness in the morning; For I trust in You; Teach me the way in which I should walk; For to You I lift up my soul.* (NASB) Solomon urges us here to tune in to words of Torah and to tune out to extraneous matters. Rabbeinu Bahya on Devarim / Devarim, Chapter 7:12 states,

***Rabbeinu Bahya on Devarim / Devarim, Chapter 7:12***

*“When saying שמרם בתוך לבבך, “guard them inside your heart,” this refers not so much to the text of the commandments as to their essence. Something buried inside a person’s heart and constantly guarded is not subject to being forgotten. This is why we must guard Torah*

*text as well as essence in our hearts so that we are not in danger of forgetting them. Solomon provides a reason why he considers this so essential, namely that Torah essence is equivalent to life itself for all those who have once found them. Torah (text) and the commandments between them are healing for both body and soul.”*

This is the importance of remembering the Lord, His promises, and His ways. The rabbis speak of getting God’s Word into our hearts. It isn’t just about memorization. There is something more here Rabbeinu Bahya is speaking of that he calls “*the essence of the Torah*” that is in our hearts. This Word of God has the effect of changing us at a core level that is essential for the life of God’s people. This change that occurs on the inside is what Paul writes about as being a new creation. This is what the rabbis say is the Torah essence, which is equivalent to life itself for all those who have found them. God’s Word and His ways are healing to both the body and the soul just as David said in his *Tehillim / Psalms 31:20* *How abundant is the good that You have in store for those who fear You, that You do in the full view of men for those who take refuge in You. (NASB)*

*Tehillim / Psalm 143* concludes saying, ט הַצִּילֵנִי מֵאֵיבֵי | יְהוָה אֱלֹהֵי כִסֵּתִי: י לְמַדְנִי | לַעֲשׂוֹת רְצוֹנְךָ, כִּי-אֵתָהּ אֱלֹהֵי רוּחְךָ טוֹבָה תִּנְחַנְנִי בְּאֶרֶץ מִישׁוֹר: יא לְמַעַן-שָׁמְךָ יְהוָה תִּחְיֶנִי בְּצַדִּיקוֹתֶיךָ | תוֹצִיא מִצָּרָה נַפְשִׁי: יב : 143:9 Deliver me, O Lord, from my enemies; I take refuge in You. 143:10 Teach me to do Your will, For You are my God; Let Your good Spirit lead me on level ground. 143:11 For the sake of Your name, O Lord, revive me. In Your righteousness bring my soul out of trouble. 143:12 And in Your lovingkindness, cut off my enemies And destroy all those who afflict my soul, For I am Your servant. (NASB) David speaks of the Lord working to the effect of His mercy/grace (וּבְחֶסֶד־ךָ) and His righteousness that saves to deliver us. The Apostle Paul wrote in *1 Corinthians 4:20* *For the kingdom of God does not consist in words but in power. (NASB)* When Paul wrote of the kingdom of God, he spoke of something more than simple speech. Like David who sought the Lord to deliver him from his enemies, the kingdom of God is in power and being empowered by the spirit of God to overcome sin. In Ephesians, Paul wrote, “*And do not get drunk with wine, for that is debauchery, but be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ.*” (*Ephesians 5:18-20*) Paul is saying, don’t be intoxicated with alcohol, but be intoxicated with God! His words confront each of us with the question, “*Are you intoxicated with God?*” What Paul is describing here is that our hearts are to be so overflowing with love for God that our heart, whether light or heavy, can’t help but sing, both to God and to one another? No matter what our circumstances, we are overflowing with thanks to God! David says, יא לְמַעַן-שָׁמְךָ יְהוָה תִּחְיֶנִי בְּצַדִּיקוֹתֶיךָ | תוֹצִיא מִצָּרָה נַפְשִׁי: יב 143:11 For the sake of Your name, O Lord, revive me. In Your righteousness bring my soul out of trouble. (NASB) One of the reasons why David, who was faithful to God, could be as successful at all that he did was because of his faithfulness, for example David was able to win all his battles because he trusted in God and allowed Him to be his guide. Paul wrote to the Romans saying, “*For as many as are led by the Spirit of God, these are sons of God.*” (*Romans 8:14*) Paul says the sons of God are led by the Holy Spirit of God in this life. David believed the same thing saying, י לְמַדְנִי | לַעֲשׂוֹת רְצוֹנְךָ כִּי-אֵתָהּ אֱלֹהֵי רוּחְךָ טוֹבָה תִּנְחַנְנִי בְּאֶרֶץ מִישׁוֹר: יא 143:10 Teach me to do Your will, For You are my God; Let Your good Spirit lead me on level ground. (NASB) Each of us can be successful as David was and live a fulfilling life if we allow the Lord God Almighty and His Messiah to be our guide, as David seeks for the Lord to guide him on level ground by God’s Spirit. Why should we allow the Lord God to direct our steps? Because we do not always do what is right where our actions lead to sin. Jeremiah said “*it is not for them to direct their steps*” (*Jeremiah 10:23*) indicating that when left to our own we seek to do our own thing and miserably fail. However, when we seek the direction of God in His Torah, we are always blessed. We experience less problems, less sadness, less headache and more joy and peace coupled to God’s blessings and approval. Let’s Pray!



Heavenly Father,

Thank You Lord for Your mercy and the great work that you are doing in our lives. We believe You are able to overcome all things, from saving us from our enemies, to the deliverance from sin, and even to work in our hearts to deeply, truly, and honestly seek you all the days of our lives. We recognize the weaknesses in our strength and resolve to serve You and to do what is expected, to be humble and to pray and to remain in Your word. Lord help us to have the strength to stand for truth and life, to have the desire to seek You in prayer and in Your Word, to have faith in Yeshua Your Messiah, and to love our neighbor each day. We thank You Lord for Your continued faithfulness to Your promises and to us. Help us to grow in our faith, to walk in the spirit, and apply these truths to our lives. We praise Your Holy Name and give You all of the honor, and the glory, and the praise forever and ever.

In Yeshua's (Jesus') Name we pray! Amen!

Be Blessed in Yeshua, Christ our Messiah!

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הללויה לאדוננו מורנו ורבינו ישוע מלך המשיח לעולם ועד:

Hallelujah for our Lord, our Teacher, our Rabbi,

“Yeshua” King Messiah forever and ever

## Notes