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Leaders face great pressure from those who disagree or just told allegiance to another leader. That was a situation with King David in Psalm five. His example, was in his actions exhibit a heart that pleases God. So what the song five tell us that King David did in times of great political stress?

Introduction: **The Psalms**

The Psalms were written over an extended period of time, most probably coming between 1000 and 400 B.C. They were written by different authors, and at several times new groups of psalms were added to the collection. Seventy-three of the psalms were written by David. Forty-nine are anonymous.

The psalms were used in public worship in Israel, as well as for private devotions. They show us how intimate and free our relationship with God can be, as we share every thought and feeling with Him¹.

“For the Director of music. For flutes. A Psalm of David”

- It is a song/hymn or prayer:

*This is a morning prayer, ... the prayer of a pious man, surrounded by ungodly enemies, which are deceitful rather than powerful; and he prays for Divine guidance, blessing, and protection for himself, and punishment for his enemies, who are at the same time adversaries of God; and he bases both petitions on the righteousness of God, who rules over Israel as king.*²

- “For flutes”:

The title of this psalm is said to be upon *Nehiloth*, a word ... that signifies —flutes or wind instruments.³ The Talmud translates “for flutes” as “swarms, in fact swarms of bees.... a popular melody to which the Psalm is adapted. Hai Gaon understands it to denote a melody resembling the hum of bees; Reggio a song that sings of bees.⁴

The use of the flute in the service of the sanctuary is attested by Isa. 30:29, cf. 1 Sam. 10:5, 1 Kings 1:40.

Point: Flutes flutter and bees are busy. This is a tune that presents a busy melody depicting life with all its busyness and care.

- A Psalm of David:

Ps 5 probably comes also from the period of Absalom’s rebellion, but perhaps later than the preceding psalm.

against them because they have not responded to his loving appeals.¹

Leadership has its’ pressure. People disagree with leaders, people hold positive and negative opinion of leaders. The hearts and responses of people to those in authority has not changed from King David’s day. Life also presents great stress, King David’s son Absalom died in the attempt to overthrow his kingdom. Absalom is dead, David is not only grieving over the death of his rebellious son, but he is dealing with those that Absalom led away from loyalty to him.

This Psalm presents practical action to those in authority.

First: Be Still before God !

Psalm 5:1 (NIV84)

¹ Give ear to my words, O Lord, consider my sighing.

Why do you sigh? Medical research reveals that sighing provides a ‘reset of the respiratory system, along with a subconscious action to express to those around me that I am anxious, or upset. Sighing somehow helps to physically de-stress during times of frustration.⁶

David is “sighing” to God. The word is also translated meditation. This is unspoken prayer of the heart, or the low, murmuring utterance of brooding sorrow. *Word used also in Psalms 39:3.*⁷

Ponder: Can you recall a time when you sat still in prayer and just sighed?

What are the sighs within your heart today?

King David, referred to by God as a man after His own heart, knew how to spiritually reset his soul.

The Sons of Korah wrote Psalm 46. That psalm gives testimony during one of the greatest times of stress ever in Jerusalem. Here is an oft quoted verse:

Psalm 46:10 “Be still and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”

‘Stillness’ calls us away from ‘busyness’ but it is not just quiet meditation. This meditation has a mindset!

Second: See the King of all !

Psalm 5:2-3 (NIV84)

² Listen to my cry for help, my King and my God, for to you I pray. ³ In the morning, O Lord, you hear my voice; in the morning I lay my requests before you and wait in expectation.

The focal point is the King of Kings, the anointed one. (Psalm 2) God is ruler of all, he laughs at the attempts the kings of the world take against Him to defy his foundations and mock His authority. Psalm 2 exalts God the Son, and calls for Kings of the earth to reverence Him (Psalm 2:12) rather than rebel against Him. It culminates with Psalm 2:10 "Therefore, you kings be wise; be warned, you rulers of the earth. Serve the Lord with fear and rejoice with trembling."

'My God' is used synonymous with this King. Who is this King of Glory? Psalm 2 prophecies that it is Jesus, the King of Kings.

Consider that David, a shepherd speaks of the Lord as His Shepherd Psalm 23 and David as King does not elevate himself above God but rather affirms the above all King. He humbles himself, fears His King and comes boldly into His presence in adoration.

a. Lauren Daigle, a contemporary Christian song writer, wrote these word in her song "FIRST":

*Before I bring my need, I will bring my heart!
Before I lift my cares, I will lift my arms.
I wanna know you, I wanna find you
In every season and every moment
Before I bring my need I will bring my heart and seek you
– FIRST!*

b. Verse 3 in the Hebrew – "I set myself before you and I look up"

Those who navigate the seas as well as fly in the heavens realize the importance of orienting to the North Star. Life course orients to God. When life is stressful, busy, crazy orienting our course is all the more critical.

David realized all through his life that God is above all and this reorienting of his vision to see God Almighty above all was first as He sat still sighing before God.

Note: "My God" is not a force of authority somewhere out there. My God refers to a personal God whom David had relationship. He was David's personal Shepherd Ps.23 and the Apostle Peter writes to you and me:

"For you were like sheep going astray, but now you have returned to the Shepherd and Overseer of your souls." (1 Peter 2:25) It is a personal caring God that brings Peter to write: "Cast all your cares on Him, for He cares for you!" (1 Peter 5:7)

When you see God the King in His place and the reality of a personal caring God grips our soul you have no restriction to be transparent with your life cares.

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Third: Lay out the Pieces of your life.!

The Message brings out the meaning of "Lay my requests in its translation: "I lay before you God the pieces of my life."

Pieces speak of things that are broken. It can also mean the puzzles of life that do not seem to fit together.

King David shares his secret reset of his soul. God calls King David a man after His own heart. King David's sin, his pitfalls, his shortcomings are well known, but his discipline of early in the morning sitting still and looking up to God and bringing continually the pieces and puzzles of His life reveal the secret of a leader that stayed the course in the midst of great opposition!

¹ Richards, L., & Richards, L. O. (1987). *The teacher's commentary* (p. 325). Wheaton, IL: Victor Books.

² Lange, J. P., Schaff, P., Moll, C. B., Briggs, C. A., Forsyth, J., Hammond, J. B., ... Conant, T. J. (2008). *A commentary on the Holy Scriptures: Psalms* (p. 75). Bellingham, WA: Logos Bible Software.

³ Jamieson, R., Fausset, A. R., & Brown, D. (1997). *Commentary Critical and Explanatory on the Whole Bible* (Vol. 1, p. 348). Oak Harbor, WA: Logos Research Systems, Inc.

⁴ Keil, C. F., & Delitzsch, F. (1996). *Commentary on the Old Testament* (Vol. 5, pp. 71–72). Peabody, MA: Hendrickson.

⁵ Smith, J. E. (1996). *The wisdom literature and Psalms* (Ps 5). Joplin, MO: College Press Pub. Co.

⁶ Jordan Gaines Lewis, Brain Babble April 10, 2013 "In times of stress, when breathing is less variable, a sigh can reset the respiratory system and loosen the lungs air sacs, or alveoli, which may be accompanied by a sensation of relief."

⁷ Lange, J. P., Schaff, P., Moll, C. B., Briggs, C. A., Forsyth, J., Hammond, J. B., ... Conant, T. J. (2008). *A commentary on the Holy Scriptures: Psalms* (p. 75). Bellingham, WA: Logos Bible Software.