

The Duality Psalm

"Psalm 56 The Duality Psalm The Two Natures of the Believer in Jesus Christ our Lord"

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Readers Note: "All Scripture taken from [King James Bible - 1769 of 1611](#)"

Psalm 56:1 To the chief Musician upon Jonathelemrechokim, Michtam of David, when the Philistines took him in Gath. Be merciful unto me, O God: for man would swallow me up; he fighting daily oppresseth me.

Psalm 56:2 Mine enemies would daily swallow me up: for they be many that fight against me, O thou most High.

Psalm 56:3 What time I am afraid, I will trust in thee.

Psalm 56:4 In God I will praise his word, in God I have put my trust; I will not fear what flesh can do unto me.

Psalm 56:5 Every day they wrest my words: all their thoughts are against me for evil.

Psalm 56:6 They gather themselves together, they hide themselves, they mark my steps, when they wait for my soul.

Psalm 56:7 Shall they escape by iniquity? in thine anger cast down the people, O God.

Psalm 56:8 Thou tellest my wanderings: put thou my tears into thy bottle: are they not in thy book?

Psalm 56:9 When I cry unto thee, then shall mine enemies turn back: this I know; for God is for me.

Psalm 56:10 In God will I praise his word: in the LORD will I praise his word.

Psalm 56:11 In God have I put my trust: I will not be afraid what man can do unto me.

Psalm 56:12 Thy vows are upon me, O God: I will render praises unto thee.

Psalm 56:13 For thou hast delivered my soul from death: wilt not thou deliver my feet from falling, that I may walk before God in the light of the living?

Psalm 56:1 To the chief Musician upon Jonathelemrechokim, Michtam of David, when the Philistines took him in Gath. Be merciful unto me, O God: for man would swallow me up; he fighting daily oppresseth me.

Note: here in verse 1 "Be merciful unto me, O God" this is a plea from the believer unto God almighty for mercy in a time of conflict. WHAT? What type of conflict? Notice the next part of the verse "for man would swallow me up:" Man here in this reference is in a singular form like that of Adam "the man", and the conflict here is between the "New Man" vs. the "Old Man".

How can that be? "for man would swallow me up:", is a reference to the man of flesh which houses up the new man on the inside. Also look at the last part of the verse here and see the daily warfare between the two "he fighting daily, oppresseth me.", which shows a contingent warfare and the flesh always attempting to oppress the inward man. This simply shows the inward man crying out to God!

Paul's reference in Romans, here, would apply:

Romans 7:24 O wretched man that I am: who shall deliver me from the body of this death?

Psalm 56:2 Mine enemies would daily swallow me up: for they bee many that fight against me, O thou most high.

Note: here in verse 2 "Mine enemies", the format changes from singular to plural, or so it would seem. The enemies are part of the daily warfare "would daily". They are not external though. Notice the next part of the verse "swallow me up:", is similar to verse 1, "for man would swallow me up:", thus these enemies are internal. They are the "lusts of the flesh", or the temptations that are common to man. Here it is seen that there are many of them that war against the new man "for they bee many that fight against me,", and in this warfare there appears to be a cry out to God for the reference reads "O thou most high." So in the midst of temptation, there goes a prayer to God letting Him know what is going on in the warfare daily.

Psalm 56:3 What time I am afraid, I will trust in thee.

Note: here in verse 3 "What time I am afraid,", shows there is a fear from the new man. A fear from oppression from the old man. Yet in the midst of this fear is strength. Look at the last part of the verse "I will trust in thee." Notice in Job - Job 33:12 ... That God is greater than man., That is why we are trust in Him. Amen!

Psalm 56:4 In God I will praise his word, In God I have put my trust, I will not fear what flesh can do unto me.

Note: here in verse 4 "In God I will praise his word," If you are NOT in Christ, you can't be in God, and if you are not in God, you can not truly praise His Word. Only through the salvation of God, and the renewing of the mind through His word can we have full trust in Him. Thus the next part of this verse "In God I have put my trust", we see faith in action, "trust" is in the Lord. Because of this trust that is in the Lord, the new man or inward man can say "I will not fear what flesh can do unto me." If only we all would approach temptation in this manner, full trust in the Lord, we would never fear anything from the flesh, ours, or anyone else's. Here we can say the inward man has victory over the old man.

Psalm 56:5 Every day they wrest my words: all their thoughts are against me for evil.

Note: here in verse 5 There is a word used "wrest" which means "force" or "distort". Here we see the Daily warfare again in the first part of the verse "Every day they wrest my words:". We see "Every day" along with "they". These are the "lusts of the flesh", or the temptations that are common to man. Here the flesh becomes a true enemy. WHY? "they wrest my words:" is a reference to the fact that the flesh tries to distort or "wrest" the words of the new man, trying to play with the words of God to make an excuse to sin. Here we can apply Genesis 3:1d...Yea, hath God said? When the flesh lusts, it will make all kinds of excuses. How can this be? Look at the last part of the verse "all their thoughts are against me for evil." Are not sinful lusts for evil? Think about it, and pray that you do not do this, do not give in to your flesh, do not feed its desires, at all!

Psalm 56:6 They gather themselves together; they hide themselves, they mark my steps when they wait for my soul.

Note: here in verse 6 "They gather themselves together;" is again a reference to the "lusts of the flesh", or the temptations that are common to man. Here the inward man is telling God that all of them are against him. He has to be careful. Why? "they hide themselves," and also look at the next part, "they mark my steps when they wait for my soul." The flesh is always making mental notes. It never really forgets. It is present with the inward man, and watches everything done. Why? The flesh is always making plans. It waits for the opportune time to attack! When your guard is down, or when you are tired, or when you are frustrated, the flesh will try and rise up and take over, and when it does, watch out! When the flesh is in control, then it will follow its old lusts, and then when it is allowed to do that, then comes sin!

Psalm 56:7 Shall they escape by iniquity? in thine anger cast down the people, O God.

Note: here in verse 7 "Shall they escape by iniquity?" is a question. Shall all these "lusts of the flesh", or the temptations that are common to man escape by actions of wickedness? The question is "If I give in to these lusts of my flesh, will they go away and never return?" The answer so simply put is "NO!" Give in, and the flesh will live another day to strike out and to attack! In the next part of the verse we see what happens to those of the world in the hands of an angry and Holy God " in thine anger cast down the people, O God." So, what happens to those of this world? Here we will give the Word an opportunity to tell you:

Revelation 20:11 And I saw a great white throne, and him that sate on it, from whose face the earth and the heaven fled away, and there was found no place for them.

Revelation 20:12 And I saw the dead, small and great, stand before God: and the books were opened: and another book was opened, which is the book of life: and the dead were judged out of those things which were written in the books, according to their works.

Revelation 20:13 And the sea gave up the dead which were in it: and death and hell delivered up the dead which were in them: and they were judged every man according to their works.

Revelation 20:14 And death and hell were cast into the lake of fire: this is the second death.

Revelation 20:15 And whosoever was not found written in the book of life, was cast into the lake of fire.

Just think of that, next time you get tempted, and if you think of giving in, that what awaits this world in judgment, could have been for you, that thank God, through Jesus Christ our Lord and Savior, you do not have that awaiting you, so why practice as those who will go to this form of judgment?

Psalm 56:8 Thou tellest my wanderings, put thou my tears into thy bottle: are they not in thy book?

Note: here in verse 8 "Thou tellest my wanderings" here the inward man is speaking to God and acknowledges that God is recording all we do in this life. What ever it is. Where ever it is. When ever it is. It is all recorded. Also, the condition of our hearts when all our actions are made are recorded. God even sees our sorrowful moments. And when we are persecuted for His sake, and we are tempted, He sees our tears and saves them. WHAT? Look "put thou my tears into thy bottle". As far as the record of our life, see that last part of the verse "are they not in thy book?" All is recorded! Nothing is hidden from God. You may think it is, but He sees everything you do.

Psalm 56:9 When I cry unto thee, then shall mine enemies turn back: this I know, for God is for me.

Note: here in verse 9 "When I cry unto thee" is reference to the time when the inward man is calling out to God, this is seen next in "shall mine enemies turn back:" The inward man here is showing that full trust and faith in the Lord. He believes that when he cries out to God, all his lusts and temptations will turn back in to the flesh and the flesh will die again. Why can the inward man have such strong faith? "this I know, for God is for me." Here is a good time to show what Paul would say - Romans 8:31 What shall wee then say to these things? If God be for us, who can bee against us?

Psalm 56:10 In God will I praise his word: in the Lord will I praise his word.

Note: here in verse 10 "In God will I praise his word:" and " in the Lord will I praise his word." are pointing to one simple fact. You can not truly praise the word of God unless it is by God and through Jesus Christ our Lord.

Psalm 56:11 In God have I put my trust: I will not bee afraid what man can doe unto me.

Note: here in verse 10 "In God have I put my trust:" shows the inward man has all his trust in God. Because of this he can be unafraid of the flesh. "I will not bee afraid what man can doe unto me." He can be unafraid of the ways of the flesh, but not be foolish enough to believe that if given opportunity, it will not attack ever again. The flesh will fight every day. If it does not, you have either achieved total victory over your flesh, or there is a serious heart problem that you need to address with God.

Psalm 56:12 Thy vows are upon me, O God: I will render praises unto thee.

Note: here in verse 12 "Thy vows are upon me, O God:" here we are reminded and can see that the vows or promises of God are on the inward man. Many promises. And what God promises, you can count on. God can not lie. Because of these promises, the inward man here is saying to God "I will render praises unto thee."

Psalm 56:13 For thou hast delivered my soul from death: wilt not thou deliver my feet from falling? that I may walk before God in the light of the living

Note: here in verse 13 "For thou hast delivered my soul from death:" Here we see in this very verse that Salvation is a work of God. Notice "delivered my soul" shows a soul was delivered. "thou" is in reference to God. "my soul" shows praise to God for Salvation! Next we see the question of the path walked. Will God deliver your path you walk each day. See the next part "wilt not thou deliver my feet from falling?" If you daily trust is in Him, He will deliver your "feet" from going down the wrong path, which can lead to temptation. Notice it in a question To God! Why is the inward man seeking it? "that I may walk before God in the light of the living" This is a blessing to have God deliver your feet from the wrong path, so you can walk in the sight of God in a lighted path full of life with those who are alive in Christ Jesus.

If you have not trusted Jesus Christ as your savior, you do not have to go to Hell. Hell is a very bad place, a place reserved for torment, and punishment for those who rejected God's only begotten Son, the Lord Jesus Christ. Call upon Him! Ask Him to save you! Ask and ye shall receive. If you are not saved, please read below:

The Romans Road to Salvation!

God Loves You! God wants You to have His Peace and Eternal Life.

Romans 5:8 But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us. Sin separates us from God. God's Peace and Eternal Life are lost because of our sins.

Romans 5:12 Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned:

Romans 3:23 For all have sinned, and come short of the glory

God has provided a gift of New Life. This Life is in Jesus Christ.

Romans 6:23 For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord.

You can have this Life! This Life is made available through Jesus Christ.

Romans 5:1 Therefore being justified by faith, we have peace with God through our Lord Jesus Christ:

Romans 1:16 For I am not ashamed of the gospel of Christ: for it is the power of God unto salvation to every one that believeth; to the Jew first, and also to the Greek.

Romans 5:21 That as sin hath reigned unto death, even so might grace reign through righteousness unto eternal life by Jesus Christ our Lord.

Romans 10:9 That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved.

Romans 10:13 For whosoever shall call upon the name of the Lord shall be saved.

Romans 10:10 For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation.

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