

Psalms 28:7

Authorized King James Version (KJV)

The LORD is my strength and my shield; my heart trusted in him, and I am helped: therefore my heart greatly rejoiceth; and with my song will I praise him.

Analysis

The LORD is my strength and my shield; my heart trusted in him, and I am helped: therefore my heart greatly rejoiceth; and with my song will I praise him. This verse continues thanksgiving with testimonial declaration of God's character, personal trust's results, and worshipful response. David moves from general praise (v.6) to specific testimony (v.7) to commitment for future praise.

"The LORD is my strength" (יְהָוָה עָזִי/Yahweh uzzi) declares God as power source. Oz means strength, might, power. This isn't acknowledging God has strength but testifying God is my strength—He supplies what I lack. Elsewhere David declares: "The LORD is the strength of my life" (27:1); "God is our refuge and strength" (46:1). Philippians 4:13 echoes this: "I can do all things through Christ which strengtheneth me."

"And my shield" (עֲמָגִינִי/umaginni) adds defensive imagery. Magen means shield, defense, protector. Ancient warfare required shields blocking arrows, swords, and spears. A good shield meant survival; inadequate shield meant death. Calling God "my shield" declares He protects from spiritual and physical dangers. This metaphor appears throughout Psalms (3:3; 18:2, 30, 35; 33:20; 84:11; 119:114; 144:2). Ephesians 6:16 describes faith as "the shield...wherewith ye shall be able to quench all the fiery darts of the wicked."

"My heart trusted in him" (בָּטַח לְבִבִּי/bat'ach libbi) testifies to faith's exercise.

Batach means to trust, rely upon, feel secure, be confident. The perfect tense indicates completed action: "my heart did trust." The heart (lev) represents the inner person—will, emotions, mind. Trusting "in him" (bo) emphasizes personal object of faith—not faith in faith, or faith in positive thinking, but faith in God Himself.

"And I am helped" (וַיַּעֲזַר/vayyeazar) declares trust's result. The Niphal form indicates receiving help—David was helped by God. Trust didn't remain theoretical but resulted in actual divine assistance. This sequence is crucial: trust preceded help. We don't see evidence first, then trust; we trust first, then receive help.

"Therefore my heart greatly rejoiceth" (וַיַּעֲלֹז לְבִי/vayya'aloz libbi) shows emotional response. Alaz means to rejoice, exult, triumph. The same heart that trusted now rejoices—faith produces joy. Jesus taught this connection: "These things have I spoken unto you, that my joy might remain in you, and that your joy might be full" (John 15:11). Joy isn't manufactured emotion but natural fruit of experiencing God's faithfulness.

"And with my song will I praise him" (וְמִשְׁירִי אֲהוֹדֵנוּ/umishiri ahodenu) commits to worship. The imperfect tense indicates future intention: "I will praise." Song (shir) emphasizes musical worship—not just spoken thanks but sung praise. Throughout Scripture, deliverance provokes song: Moses' song after Red Sea (Exodus 15), Deborah's song after Sisera's defeat (Judges 5), Mary's Magnificat (Luke 1:46-55).

Historical Context

David's military background makes shield imagery personally meaningful. As warrior-king, he knew shields' vital importance. Archaeological discoveries reveal ancient Near Eastern shields: large body-covering shields, smaller hand-held shields, shields covered with leather, bronze, or wood. A warrior's shield could mean life or death in battle.

The metaphor of God as shield appears throughout Israel's history. God promised Abram: "Fear not, Abram: I am thy shield" (Genesis 15:1). Moses blessed Israel: "the shield of thy help" (Deuteronomy 33:29). For Israel, constantly threatened by

militarily superior neighbors, trusting God as shield was practical necessity, not mere metaphor.

Musical worship was central to Israel's faith. David organized temple musicians into divisions (1 Chronicles 25). Psalms served as Israel's hymnbook. Unlike some ancient religions emphasizing silent mystical experience, biblical worship is corporate, vocal, and joyful. The command to "make a joyful noise unto the LORD" (Psalm 100:1) reflects Hebrew worship's celebratory nature.

Early church continued this musical tradition despite persecution. Pliny the Younger reported Christians sang hymns to Christ as God. Church fathers like Augustine testified to worship music's spiritual power. Throughout church history, renewal movements typically produced new hymnody—Reformation hymns, Wesley hymns, Gospel songs, contemporary worship—each generation singing their praise.

The connection between trust, help, and joy modeled in this verse shaped Jewish and Christian spirituality. Trust leads to experiencing God's help, which produces joy, which overflows in worship. This cycle sustained believers through persecution, exile, and suffering. Joy wasn't based on circumstances but on God's proven faithfulness.

Related Passages

Romans 10:9 — Confession and belief for salvation

Ephesians 2:8 — Salvation by grace through faith

Study Questions

1. How does declaring God is 'my strength' and 'my shield' (personal possession) differ from acknowledging God is strong and protective generally?
2. What is the significance of the sequence: trusting, being helped, rejoicing, and praising? Why is this order important?

3. How can believers cultivate trust in God as shield when facing threats that feel overwhelming or when 'shield' imagery seems inadequate to modern dangers?
4. What role does musical worship ('with my song will I praise him') play in expressing and deepening joy in God's deliverance?
5. How can we distinguish between joy based on circumstances (getting what we want) versus joy rooted in experiencing God's faithfulness (being helped by our strength and shield)?

Interlinear Text

لֶב	בְּ	צַדְקָה	עָז	יְהֹוָה	עָז	וּמְגַנֵּן	בְּ	בְּ	לֶב
The LORD	is my strength	and my shield			H0	trusted	my heart		
H3068	H5797	H4043			H982		H3820		
אַחֲרָיו	מְשִׁיר	לֶב	בְּ	לֶב	בְּ	לֶבֶת	בְּ	לֶב	בְּ
in him and I am helped	greatly rejoiceth	my heart	and with my song	will I praise					
H5826	H5937	H3820	H7892	H3034					

Additional Cross-References

Isaiah 61:10 (References Lord): I will greatly rejoice in the LORD, my soul shall be joyful in my God; for he hath clothed me with the garments of salvation, he hath covered me with the robe of righteousness, as a bridegroom decketh himself with ornaments, and as a bride adorneth herself with her jewels.

Ephesians 6:10 (References Lord): Finally, my brethren, be strong in the Lord, and in the power of his might.

Psalms 13:5 (Faith): But I have trusted in thy mercy; my heart shall rejoice in thy salvation.

Psalms 40:3 (Faith): And he hath put a new song in my mouth, even praise unto our God: many shall see it, and fear, and shall trust in the LORD.

Isaiah 12:2 (Faith): Behold, God is my salvation; I will trust, and not be afraid: for the LORD JEHOVAH is my strength and my song; he also is become my salvation.

Psalms 28:8 (References Lord): The LORD is their strength, and he is the saving strength of his anointed.

Psalms 84:11 (References Lord): For the LORD God is a sun and shield: the LORD will give grace and glory: no good thing will he withhold from them that walk uprightly.

Psalms 69:30 (Resurrection): I will praise the name of God with a song, and will magnify him with thanksgiving.

Psalms 91:4 (Faith): He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler.

Psalms 3:3 (References Lord): But thou, O LORD, art a shield for me; my glory, and the lifter up of mine head.

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