

Psalms 57:7

Authorized King James Version (KJV)

My heart is fixed, O God, my heart is fixed: I will sing and give praise.

Analysis

My heart is fixed, O God, my heart is fixed: I will sing and give praise. This declaration marks a dramatic shift from earlier verses' urgent pleas for mercy to confident resolve and worship. "My heart is fixed" (nachon libbi, נָכוֹן לִבִּי) appears twice for emphasis. Nachon means firm, established, steadfast, determined, prepared, ready—heart that is stable, resolute, unmoved by circumstances. The repetition intensifies: "My heart is truly fixed, completely steadfast, absolutely determined."

In Hebrew thought, the "heart" (lev, לב) represents not merely emotions but the core of one's being—mind, will, emotions, character, the control center of personhood. A fixed heart means the entire inner person is established, stable, anchored. This contrasts with Psalm 55:4: "My heart is sore pained within me." While circumstances may disturb emotions, David's fundamental orientation toward God remains steadfast.

The contrast between verses 1 and 7 is striking. Verse 1: desperate plea for mercy, taking refuge from calamities. Verse 7: heart fixed, ready to sing praise. What happened between? Verses 2-6 recount David's confident appeal to God most high, his expectation of divine vindication, and God's faithfulness. By rehearsing God's character and past deliverances, David's heart moved from anxious flight to confident stability.

"I will sing and give praise" (ashirah va'azammerah, אֲשִׁירָה וְאֶזְמְרָה) uses two

Hebrew words for musical worship. Shir means to sing; zamar means to sing praise, make music, often with instrumental accompaniment. The repetition emphasizes wholehearted worship response. Even before deliverance arrives, faith worships in anticipation. David doesn't wait until the calamity passes (v.1) but worships while still in the cave.

This models kingdom paradox: believers worship not because circumstances are favorable but because God is faithful regardless of circumstances. Paul and Silas sang hymns at midnight in Philippian prison with backs bleeding (Acts 16:25). The three Hebrew youths worshiped before being cast into Nebuchadnezzar's furnace (Daniel 3:17-18). Fixed hearts produce worship that transcends circumstances.

Historical Context

The transition from lament to praise characterizes many psalms (Psalms 6, 13, 22, 31, etc.), reflecting Israel's worship theology. Lament psalms typically follow a pattern: desperate cry to God, rehearsal of God's character and past deliverances, expression of trust, vow to praise, confident expectation of future deliverance. This structure transforms prayer from complaint to worship, anxiety to trust.

Ancient Israel's worship was predominantly musical and corporate. The temple employed Levitical choirs and instrumentalists (1 Chronicles 23-25). David himself organized worship leaders and musicians, establishing liturgical patterns that shaped Israel's worship for centuries. Music wasn't merely aesthetic enhancement but essential to worship—engaging heart, mind, and body in praise.

The concept of a 'fixed' or steadfast heart appears throughout Scripture. Psalm 112:7 describes the righteous: 'He shall not be afraid of evil tidings: his heart is fixed, trusting in the LORD.' Isaiah 26:3 promises: 'Thou wilt keep him in perfect peace, whose mind is stayed on thee.' The fixed heart results from focusing on God's character rather than circumstances.

For Israel during exile, Psalm 57's movement from urgent plea to fixed-heart praise provided a model. Though Jerusalem lay in ruins, though captivity seemed permanent, though God's promises appeared failed, the faithful could fix their

hearts on Yahweh's unchanging character. Lamentations (written after Jerusalem's destruction) ends not with despair but with appeal to God's eternal faithfulness (Lamentations 5:19-21).

New Testament believers face similar call to fixed hearts. James 1:6-8 warns against double-mindedness, being 'driven with the wind and tossed.' Hebrews 13:9 urges: 'Be not carried about with divers and strange doctrines. For it is a good thing that the heart be established with grace.' A heart fixed on God's grace in Christ remains stable despite persecution, suffering, or uncertainty.

Related Passages

Romans 1:17 — The righteous shall live by faith

James 2:17 — Faith and works

Romans 2:1 — Judging others

Revelation 20:12 — Judgment according to deeds

Study Questions

1. How can your heart become 'fixed' or steadfast in God when external circumstances remain threatening or uncertain?
2. What is the difference between emotional stability (feeling calm) and spiritual steadfastness (fixed heart), and how does this verse address both?
3. How did David move from urgent crying out for mercy (v.1) to declaring his fixed heart (v.7), and what does this teach about processing fear through remembering God's character?
4. Why does David resolve to sing and praise before deliverance arrives, and what does this teach about the relationship between worship and circumstances?
5. In what ways might an 'unfixed' heart be blown about by changing circumstances, and how does fixing your heart on God provide stability?

Interlinear Text

וְאַתָּמָךְ אֲשֶׁר יְרָה לְבָבִי תְּכַלְתִּים
is fixed My heart O God is fixed My heart I will sing and give praise
H3559 H3820 H430 H3559 H3820 H7891 H2167

Additional Cross-References

Psalms 112:7 (Parallel theme): He shall not be afraid of evil tidings: his heart is fixed, trusting in the LORD.

Psalms 34:4 (Parallel theme): I sought the LORD, and he heard me, and delivered me from all my fears.

Ephesians 5:20 (References God): Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ;

Isaiah 24:15 (References God): Wherefore glorify ye the LORD in the fires, even the name of the LORD God of Israel in the isles of the sea.

Romans 5:3 (Parallel theme): And not only so, but we glory in tribulations also: knowing that tribulation worketh patience;

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