

# Psalms 68:19

Authorized King James Version (KJV)

Blessed be the Lord, who daily loadeth us with benefits, even the God of our salvation. Selah.

## Analysis

**Blessed be the Lord, who daily loadeth us with benefits, even the God of our salvation. Selah.** This verse celebrates God's ongoing, daily provision for His people. The Hebrew phrase 'loadeth us with benefits' is somewhat obscure—literally, 'who loads for us' (amas lanu, אָמַס לָנוּ). The sense is that God daily burdens Himself with carrying us and our needs, like a pack animal bearing loads. Alternatively, God daily loads us with blessings—heaping upon us His benefits. Either reading expresses God's continuous care.

'Daily' (yom yom, יוֹם יוֹם, literally 'day day') emphasizes regularity and consistency. God's provision isn't sporadic or conditional on our performance—it's reliable and constant. This echoes Jesus' teaching to pray for 'daily bread' (Matthew 6:11), recognizing dependence on God's ongoing provision. The verse combats both self-sufficiency (thinking we provide for ourselves) and faithlessness (doubting God's continued care).

'The God of our salvation' (ha'el yeshu'atenu, הָאֵל יְשׁוּעָתֵנוּ) identifies YHWH by His saving character—He is defined by His acts of deliverance. 'Selah' likely indicates a musical pause for reflection. The verse invites meditation on God's faithful, daily salvation. For Christians, this points to Christ as the ultimate expression of God's daily provision—'His mercies are new every morning' (Lamentations 3:22-23). We receive daily grace, daily forgiveness, and daily strength from our Savior who intercedes for us continuously (Hebrews 7:25).

## Historical Context

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This verse reflects Israel's wilderness experience, where God provided manna daily (Exodus 16:4). The manna could not be stored (except before Sabbath)—each day required fresh gathering, teaching dependence on God's daily provision. This lesson shaped Israel's spirituality: they learned to trust God one day at a time rather than hoarding or relying on accumulated resources.

The concept of daily provision was countercultural in the ancient world, where agricultural societies focused on storing grain against famine. Joseph's administration in Egypt exemplified this (Genesis 41:47-49). But Israel's economy, shaped by sabbatical and jubilee years, required releasing control and trusting God's provision through social redistribution and land rest. The prohibition on interest (Deuteronomy 23:19) and the command to cancel debts every seventh year (Deuteronomy 15:1-2) structured an economy of trust rather than accumulation.

In temple worship, daily sacrifices (morning and evening) symbolized ongoing covenant relationship—God's faithfulness and Israel's dependence were renewed twice daily. The lampstand's daily tending (Leviticus 24:3-4), the daily incense offering (Exodus 30:7-8), and later daily prayers (Daniel 6:10) all reinforced the rhythm of daily devotion. Christianity inherited this in monasticism's 'hours' (structured daily prayer) and in the practice of daily devotions, recognizing that relationship with God is sustained through daily communion, not occasional encounters.

## Related Passages

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**Ephesians 2:8** — Salvation by grace through faith

**Romans 10:9** — Confession and belief for salvation

**Psalms 19:1** — Heavens declare God's glory

**Genesis 1:1** — Creation of heavens and earth

## Study Questions

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1. How can you cultivate greater awareness of God's 'daily' provisions that you typically take for granted?
2. What does it mean for you practically to depend on God 'day by day' rather than relying on accumulated resources?
3. How does understanding that God 'loads Himself' with carrying your burdens change your prayer life?
4. In what ways do you experience 'new mercies every morning' from the God of your salvation?
5. What daily spiritual rhythms or practices help you maintain awareness of God's ongoing provision?

## Interlinear Text

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בֵּרַךְ	אֲדֹנָי	יְיָ	יְיָ	יַעֲמֹס	לְנוֹ
Blessed	be the Lord	who daily	who daily	loadeth	H0
H1288	H136	H3117	H3117	H6006	
הָאֵל	יְשׁוּעָתֵנוּ	סֵלָה:			
us with benefits even the God	of our salvation	Selah			
H410	H3444	H5542			

## Additional Cross-References

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**Isaiah 46:4** (Parallel theme): And even to your old age I am he; and even to hoar hairs will I carry you: I have made, and I will bear; even I will carry, and will deliver you.

**Lamentations 3:23** (Parallel theme): They are new every morning: great is thy faithfulness.

**Ephesians 1:3** (Blessing): Blessed be the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessings in heavenly places in Christ:

**Psalms 55:22** (References Lord): Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.

**Psalms 65:5** (Salvation): By terrible things in righteousness wilt thou answer us, O God of our salvation; who art the confidence of all the ends of the earth, and of them that are afar off upon the sea:

**Psalms 32:7** (Parallel theme): Thou art my hiding place; thou shalt preserve me from trouble; thou shalt compass me about with songs of deliverance. Selah.

**Psalms 139:17** (References God): How precious also are thy thoughts unto me, O God! how great is the sum of them!

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