

## Psalm 26

### Introduction:

One of the most difficult situations that we face is the burden of mistreatment. All of us have been mistreated:

- Enemies
- Friends
- Employers
- Church/Pastor
- Husband/wife
- God

Two normal responses:

- Get even!
- Harbor Resentment/Bitterness

These two responses will destroy your life. Psalms 26 is God's pattern for dealing with mistreatment. David had been grossly mistreated, possibly by Saul. Instead of getting even or getting bitter he followed God's plan, and he recorded its steps for us.

### Four Steps to Overcoming Mistreatment

- I. Be open before the Lord (vs. 1-2)  
David's cry is the same as ours – "vindicate me"  
"Prove my inner being to the entire world" How?

Three Different things David is asking God to Do:

- A. Examine my life:  
Examine – to prove; scrutinize; to place under a microscope
- B. Try me out:  
Try – to test; to put under trial; an intensive test  
Examples: Coach trying out a basketball player – intensive; test to almost breaking point; new car  
\*Reveal my weakness!
- C. Test me:  
Test – word used of refining precious metals  
David is saying "refine me" "purify me"

Here is the point: When you are mistreated, ask God to

1. Make an internal search of your life
2. Reveal through testing the condition of your heart
3. Refine and purify your heart

- II. Remember His Love and Faithfulness and continue to obey His Word (vs. 3)  
Remember past power  
Remember present promises  
Keep obeying His Word!

- III. Maintain your spiritual testimony
  - A. Refuse to get even! (vs. 4-5)
  - B. Protect your purity (vs. 6a)
    - Don't hate or become bitter
    - Don't harbor a grudge
  - C. Be faithful in Prayer and Praise (vs. 6b)
    - Pray!
    - Praise the Lord in your heart and publicly! (vs. 7-8)
  
- IV. Determine to wait for the Lord's Deliverance! (vs. 11-12)
  - Personal decision regardless of circumstances... "as for me" (vs. 11)
  - Personal faith in God's promise – Redeem me and be gracious!