Psalm 70 is a prayer psalm written by King David asking God to deliver him from those who sought to do him harm. One cannot miss the urgency of his request. Three times the king pleads for God to come quickly to his rescue. 

Verse 1: "Make haste, O God, to deliver me! Make haste to help me, O LORD!"

Verse 5: "Make haste to me, O God!...O LORD, do not delay."

David, a "man after [God's] own heart," was "rescued" several times by God. He was "rescued" from King Saul in 1 Samuel 18:10-11.

"10 And it happened on the next day that the distressing spirit from God came upon Saul, and he prophesied inside the house. So David played music with his hand, as at other times; but there was a spear in Saul's hand. 11 And Saul cast the spear, for he said, 'I will pin David to the wall!' But David escaped his presence twice."

Then, in 1 Samuel 19:11-12...

"11 Saul also sent messengers to David's house to watch him and to kill him in the morning. And Michal, David's wife, told him, saying, 'If you do not save your life tonight, tomorrow you will be killed.' 12 So Michal let David down through a window. And he went and fled and escaped."

And again in 1 Samuel 23:24 - 28...

"24 ...David and his men were in the Wilderness of Maon, in the plain on the south of Jeshimon. 25 When Saul and his men went to seek him, they told David. Therefore he went down to the rock, and stayed in the Wilderness of Maon. And when Saul heard that, he pursued David in the Wilderness of Maon. 26 Then Saul went on one side of the mountain, and David and his men on the other side of the mountain. So David made haste to get away from Saul, for Saul and his men were encircling David and his men to take them. 27 But a messenger came to Saul, saying, 'Hurry and come, for the Philistines have invaded the land!' 28 Therefore Saul returned from pursuing David, and went against the Philistines; so they called that place the Rock of Escape..."

It is recorded in 1 Samuel 17:34 – 36 that David was delivered by the LORD from a
lion and a bear.

“...David said to Saul, ‘Your servant used to keep his father’s sheep, and when a lion or a bear came and took a lamb out of the flock, 35 I went out after it and struck it, and delivered the lamb from its mouth; and when it arose against me, I caught it by its beard, and struck and killed it. 36 Your servant has killed both lion and bear...”

When he was a young man the LORD delivered David from the Philistine giant just as David said He would do in 1 Samuel 17:37.

“One time Jesus said in Matthew 11:11, “Assuredly, I say to you, among those born of women there has not risen one greater than John the Baptist...” That would include King David; as great as King David was, he was not greater than John the Baptist.” But Jesus went on to say, “but he who is least in the kingdom of heaven is greater than he.” Don’t miss the point, church. We, the church, who also are after God’s own heart, are even greater than King David.

Like King David, we too have been “rescued” by our “deliverer,” King Jesus. “The captain of [our] salvation” has delivered us not from a deranged earthly monarch but from the king of demons who reigned over us “while we were still sinners.” We were rescued by the One who is called in 1 Timothy 6:15 “the blessed and only Potentate, the King of kings and Lord of lords...”

He has delivered us not from a lion or a bear but from the “old serpent” who “walks about like a roaring lion, seeking whom he may devour.”

In Matthew 6:13 He taught us to pray “...do not lead us into temptation, but deliver us from the evil one;” and, He has and He does. Peter wrote in II Peter 2:9, “...the Lord knows how to deliver the godly out of temptations...” Paul asked in Romans 7:24, “Who will deliver me from this body of death?” and then answered his own question – “...through Jesus Christ our Lord!” Apostle Paul said in Galatians 1:4 that “He [Christ] gave Himself for our sins, that He might deliver us from this present evil age...” And in Hebrews 2:15 we are encouraged knowing that by His death our Savior has delivered “those who through fear of death were all their lifetime subject to bondage.” Jesus of Nazareth who is the Christ and the only begotten Son of God is the Christian’s deliverer from temptation, from sin, from death, from hell and from so much more.

We have come to our deliverer’s Table where the body and the blood of our deliverer are before us. We remember His sacrificial death on our behalf so that we could be delivered from our being in bondage to sin and, by His grace, have His righteousness imputed to us. We are now justified in His sight and have peace with our God through Him. It is here, at His Table that we remember Him, our deliverer, who “died for us” “when we were still without strength.”

The “man after [God’s] own heart” prayed and confessed in Psalm 70:5, “...I am poor and needy; Make haste to me, O God! You are my help and my
deliverer. O LORD, do not delay."

Spiritually, we are really no different than David. We are in need of His "help" and deliverance as much as was David. How is it possible to examine ourselves at this Table and not praise our Deliverer as did David in verse 4? — "Let all those who seek You rejoice and be glad in You; and let those who love Your salvation say continually, 'Let God be magnified!'"

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PRAYER

Our great and glorious God in heaven, thank you for delivering us from our sins through the blood of your only begotten Son. We pray that as You look upon our hearts and our spirits that they are filled and overflowing with thanksgiving for your gift of salvation offered to us through the sacrifice of our Deliverer, Jesus of Nazareth, our Messiah. Thank you for the body and the blood that are on this Table. We are honored and privileged to commune with Him and His body, His church. We offer this prayer to you in His name we. Amen.