

Quarter one: The Book of Psalms

Lesson 6—I will Arise

Monday: Justice for the Oppressed

February 5, 2024

- **Last Week:** “Singing the Lord’s Song in a Strange Land”
 - How do we live a life of faith in a strange land?
- **This Week:** “I Will Arise”
 - The injustice and oppression in this world (as a result of sin); and God’s divine judgment that will bring deliverance to the oppressed and destruction to the wicked.

Memory Text: “ ‘For the oppression of the poor, for the sighing of the needy, now I will arise,’ says the Lord; ‘I will set him in the safety for which he yearns.’ ” (Ps 12:5, NKJV)

The week in brief:

- 1. **Sunday:** The Majestic Warrior (Daniel P)
 - God as a Warrior & a Judge & any deliverance comes from God, not us
- 2. **Monday:** Justice for the Oppressed (Jill)
 - Protecting & providing justice for the vulnerable in society (physically, mentally, spiritually, emotionally)
- 3. **Tuesday:** How Long Will You Judge Unjustly? (James)
 - Ps 82 – judgment on the spiritual leaders / rulers who were unjust
- 4. **Wednesday:** Pour Out Your Indignation (Ryan)
 - Prayers for divine judgment to come (not people meting judgment, but asking God for it)
- 5. **Thursday:** The Lord’s Judgment and the Sanctuary (SQ)
 - God of mercy / love and justice / holiness as revealed in the sanctuary

Monday: Justice for the Oppressed

Ps 9:18; Ps 12:5; Ps 40:17; Ps 113:7; Ps 146:6 – 10; Ps 41:1 – 3;

- **How do we protect and provide justice for the vulnerable & oppressed in society?**
 - Who are the vulnerable in society? (often referred to as the “poor & needy” in Psalms)
 - Physically vulnerable
 - Poverty – lack of food, education, healthcare
 - Disabled – deformity, weakness
 - Orphans – nobody to care for them
 - Mentally & emotionally vulnerable
 - Abused – physically, emotionally, mentally
 - Beat down, bruised, depressed
 - Disabled / slow – picked on by others

- Spiritually vulnerable
 - Twisted understanding of Scripture or God
 - Over trusting false spiritual leaders (James' day)
 - Shamed / blamed / condemned (not convicted)
 - Lack of understanding of who they are in Christ
 - Dependent on God
 - Renounces any trace of self-reliance & self-assertion
 - Matt 5 – “Blessed are the poor in spirit, for theirs is the kingdom of heaven.”

How do we protect and provide justice for the vulnerable & oppressed in society?

- Ps 9:18 – “For the needy shall not always be forgotten; the expectation of the **poor** shall not perish forever.”
 - Poor – Heb, “poor, afflicted, humble, meek”
 - Appears 30 times in Psalms
 - Not only refers to those experiencing poverty, but esp the oppressed
 - Poor, needy, oppressed, fatherless, widows, widowers, strangers
 - **Step #1: Choose to keep their needs at the forefront**
 - Don't forget them
 - Brush them aside
 - Be too busy for them
 - Placate them
- Ps 12:5 – “ ‘For the oppression of the poor, for the sighing of the needy, Now I will arise,’ says the Lord; ‘I will set him in the safety for which he yearns.’”
- Ps 113:7 – “He raises the poor out of the dust, and lifts the needy out of the ash heap.”
 - **Step #2: Seek safe places for the vulnerable & oppressed**
 - Safe homes
 - Offer your own home
- Ps 40:17 – “But I am **poor** and needy; yet the Lord thinks upon me. You are my help and my deliverer; do not delay, O my God.”
 - **Step #3: Ask for divine assistance**
 - Only God can deliver the vulnerable & oppressed
 - We can work with Him – only He delivers
- Ps 146:5 – 9 – “Happy is he who has the God of Jacob for his help, whose hope is in the Lord his God (Helper). (6) Who made heaven and earth, the sea and all that is in them (Creator); who keeps truth forever (Unchanging) (7) Who executes justice for the oppressed (Judge), who gives food to the hungry (Provider), the Lord gives freedom to the prisoners. (Deliver) (8) The Lord opens the eyes of the blind; (Healer) the Lord raises those who are bowed down; (Encourager) the Lord loves the righteous. (Friend) (9) The Lord watches over the strangers; (Protector) He relieves the fatherless and widow, (Sustainer) but the way of the wicked He turns upside down. (Judge)”
 - **Step #4: Find practical ways to help**
 - Who can you **help** today?

- Vs 7 - Find justice for the oppressed (Judge)
 - Raise awareness for the oppressed – be an advocate
 - Attend court hearings (lawyer / judge)
 - Listen & offer support
 - Vs 7 - Give food to the hungry (Provider)
 - S.A.L.T.
 - Soup kitchen
 - Ministry to the homeless
 - Vs 7 – Provide freedom to the prisoners (Deliver)
 - Prison ministry
 - Unjustly incarcerated – work to overturn conviction
 - Provide spiritual & emotional help – freedom, even though behind bars
 - 3ABN Prison Ministry
 - Support for the families of the incarcerated
 - Vs 8 – Open eyes of the blind (Healer)
 - Pray for the sick
 - Provide access to medical care for those who don't have it
 - YBPTH
 - Vs 8 – Raise those who are bowed down (Encourager)
 - Intercede for the discouraged & depressed
 - Write notes / emails / call / text
 - Invite to activity or outreach or group
 - Vs 8 – Love the righteous (Friend)
 - Be a friend to those without any
 - Vs 9 – Watch over the stranger / help fatherless & widow (Protector)
 - Protect those who cannot protect themselves
 - Child Impact – Operation Child Rescue
 - Vs 9 – Turn the way of the wicked upside down (Judge)
 - Work to bring justice how you can
 - Using your voice / pen
 - Through the court system or laws
 - Through prayer
- Ps 41:1 – 3 – “Blessed is he who considers the **poor**; the Lord will deliver him in time of trouble. (2) The Lord will preserve him and keep him alive, and he will be blessed on the earth. You will not deliver him to the will of his enemies. (3) The Lord will strengthen him on his bed of illness; You will sustain him on his sickbed.”
- Blessings promised on those who help others

How do we protect and provide justice for the vulnerable & oppressed in society?

- Step #1: Choose to keep their needs at the forefront
- Step #2: Seek safe places for the vulnerable & oppressed
- Step #3: Ask for divine guidance
- Step #4: Find practical ways to help