



TEHILLIM TALKS

Psalm 70

*To the choirmaster.
Of David, for remembrance.*

Psalm 70:1-5

Make haste, Elohim, to deliver me! Adonai, make haste to help me! Let them be put to shame and confusion who seek my life! Let them be turned back and brought to dishonor who delight in my hurt! Let them be turned back because of their shame who say, “**Aha, Aha!**” May all who seek You rejoice and be glad in You! May those who love Your salvation say continually, “Elohim is great!” As for me, I am poor and needy. Hasten to me, Elohim! You are my help and my deliverer. O Adonai, do not delay!

“Aha! Aha!”
האח! האח!
(he-ach! he-ach!)

Psalm 40:13-17

Be pleased, Adonai, to deliver me! Adonai, make haste to help me! Let those be put to shame and disappointed altogether who seek my life to end it. Let those be turned back and brought to dishonor who delight in my hurt! Let those be appalled because of their shame who say to me, “**Aha, Aha!**” But may all who seek You rejoice and be glad in You! May those who love Your salvation say continually, “Great is Adonai!” As for me, I am poor and needy, but my Master takes thought of me. You are my Help and my Deliverer. Do not delay, O my Elohim!

Psalm 70

1- Make haste, **Elohim**, to deliver me! **Adonai**, make haste to help me!

2- Let them be put to shame and confusion who seek my life! Let them be turned back and brought to dishonor who delight in my hurt!

3- Let them be turned back because of their shame who say, “Aha, Aha!”

4- May all who seek You rejoice and be glad in You! May those who love Your salvation say continually, “**Elohim** is great!”

5- As for me, I am poor and needy. Hasten to me, **Elohim**! You are my help and my deliverer. O **Adonai**, do not delay!

Psalm 40

13- Be pleased, **Adonai**, to deliver me! **Adonai**, make haste to help me!

14- Let those be put to shame and disappointed altogether who seek my life to end it. Let those be turned back and brought to dishonor who delight in my hurt!

15- Let those be appalled because of their shame who say to me, “Aha, Aha!”

16- But may all who seek You rejoice and be glad in You! May those who love Your salvation say continually, “Great is **Adonai**!”

17- As for me, I am poor and needy, but my Master takes thought of me. You are my Help and my Deliverer. Do not delay, O my **Elohim**!

Two Theories

- Psalm 70 was written first. Later, it was incorporated into Psalm 40.
- Psalm 40 was composed while David was escaping from Saul. Psalm 70 was composed while he was escaping from Absalom. (*Malbim*)

REFERENCES:

Two Theories

2Samuel 12:11 “Thus says Adonai, ‘Behold, I will raise up evil against you out of your own house. And I will take your wives before your eyes and give them to your neighbor, and he shall lie with your wives in the sight of this sun.’”

Verse 3

Genesis 47:23 Then Joseph said to the people, “Behold (הִנֵּה, *hein*), I have this day bought you and your land for Pharaoh. Behold (הִנֵּה, *hei*) here is seed for you, and you shall sow the land.”

Ezekiel 16:43 “Because you have not remembered the days of your youth, but have enraged Me with all these things, therefore, behold (הִנֵּה, *hei*), I have returned your deeds upon your head”, declares the Lord Adonai. “Have you not committed lewdness in addition to all your abominations?”