

In this Psalm, David declares that the Lord is HIS Light and HIS Salvation. So how was he able to be so sure about that? What was it that made him make that statement with such confidence? David knew several things about God that we need to learn.

The Lord is:

1. My Light – vs. 1a – The Lord is my Light. What did David mean by this? We know several things. Light casts out darkness, Light allows us to see our way, and Light exposes evil. [John 1:4-5; 3:19-21; 8:12; 1 John 1:7; Isa 5:20](#)
2. My Salvation – vs. 1b & 2-3 – The Lord is my Salvation. David begins to tell us the ways the Lord saves him from those who wanted to harm him. Isa 12:2
  - a. Those who want to “devour” his flesh – this physical salvation. How many of us have had situations in which we were spared some physical problem and said “my guardian angel” helped me.
  - b. Adversaries – we all have people in our lives who really do not have our best interest in mind. These may be folks who seem to constantly cause us problems. Sometimes it is just out of negligence or an ignorant act, or just plain selfishness.
  - c. Enemies – there are those in our lives who really have it out for us. Maybe as a result of something we did to them or did not do for them. These are those people who go out of their way to hurt us.
3. My defense – vs. 1c & 2-3 – The Lord defends us when we are bombarded by those who would destroy us. It is interesting that David makes a distinction between Salvation and Defense. A defense is a proactive term. To mount a good defense one has to have an understanding of what they are up against. Here the Lord says, “I know what is coming, so I can give you the best defense of anyone.” Our problem is often that we do not always let God act as our “defense coordinator.” [Ps. 35:23](#)
4. My Defender – vs. 2c – Not only does God act as our “defense coordinator”, he gets into the battle. David says, “my adversaries and enemies stumbled and fell.” We can’t do any better than that.
5. My Comforter – vs. 3 – We all need the assurance that we will survive and be vindicated when we are in a battle. In verse 3 we see where God promises that even if an entire army comes against us, we have no need to fear and have the confidence that God is still in control. He is sovereign! [Isa. 51:12; John 14:26;](#)

6. The Plan – vs. 4-6 – Here we see the process David used to apply these things in his life. This is why he was able to say, “The Lord is my Light and my salvation.” He says that in the midst of all of his trials and troubles, he will sing to the Lord. There are over 147 mentions of “sing” in scripture.  
**Ps. 59:16;**

Therefore I will sing!