

How to fight when you  
have fallen  
(verses 7–10)

*Do not delay in coming before the Lord!*

“But as for me, I will look to the LORD; I will wait for  
the God of my salvation; my God will hear me.”

(verse 7)

*Take up the shield of faith and extinguish the fiery  
darts of the enemy!*

“Rejoice not over me, O my enemy. . .”

(verse 8a).

“On the contrary, when you say I am a sinner, you give me armor and weapons against yourself, so that with your own sword I may cut your throat and tread you under my feet, for Christ died for sinners. . . . As often as you object that I am a sinner, so often you remind me of the benefit of Christ my Redeemer, on whose shoulders, and not on mine, lie all my sins. So when you say I am a sinner, you do not terrify me but comfort me immeasurably.” – Martin Luther

“When I fall, I shall rise.”  
(verse 8b)

“When I sit in darkness,  
the LORD will be a light to me.”  
(verse 8c)

“I will bear the indignation of the Lord  
because I have sinned against him, until  
he pleads my cause and executes  
judgment for me.”

(verse 9a)

“He will bring me out to his light;  
I shall look upon his vindication.”  
(verse 9b)



“When you learn to deal with the guilt of sexual failure by this kind brokenhearted boldness, this kind of theology, this kind of justification by faith, this kind of substitutionary atonement, this kind of gutsy guilt, you will fall less often. Why is this so? Because Christ will become increasingly precious to you. Best of all, Satan will not be able to destroy your dream of a life of radical obedience to Christ.” – John Piper

Why doesn't God remove our sinful desires the moment we are saved?

“The riches of his mercy are more illustrated by the multiplied pardons he bestows upon me, than if I needed no forgiveness at all.”

—John Newton

This life therefore is not righteousness but growth  
in righteousness;

not health but healing;

not being but becoming;

not rest but exercise.

We are not yet what we shall be, but we are growing toward it.

The process is not finished, but it is going on.

This is not the end, but it is the road.

All does not yet gleam in glory, but all is being purified. —Martin Luther

The fuel that keeps us  
fighting  
(verses 18–20)

“He delights in steadfast love.”  
(verse 18)

“He is more ready . . . to forgive than you to sin;  
as there is a continual spring of wickedness in  
you, so there is a greater spring of mercy in  
God.”

–Richard Sibbes



“He subdues the *fascinating* power of sin, the *depressing* power of sin, the *domineering* power of sin, the *clamoring* power of sin (I remember them when God does not), the *defiling* power of sin, the *hampering* power of sin (ashamed, afraid, alarmed when there is nothing to be troubled about), the *indwelling* power of sin.”

—Charles Spurgeon