

Sore Afraid and Changed by Grace and Faith

Last week we talked about how God does not change, and how there is no shadow or variableness of turning with Him ([Jas 1:17](#)). This week we find much confirmation in God's word of the blessing that will come upon those who are given to trust in the Living God who changes not.

It was because David “laid up these words in his heart, and was sore afraid” ([1Sa 21:12](#)) - in the same manner that Elijah was fearful after reading the letter from Jezebel ([1Ki 19:3](#)) - that he became sore afraid and “changed” ([Psa 34:1](#)) just as Peter changed when he was figured as being one who followed Christ ([1Sa 21:11-12](#) , [Mat 26:73](#)).

The lesson for us is to not trust in our flesh, and to realize that there is was and will be a transition into the true courage of Christ that comes only by grace and faith. We may say what we want outwardly, and we will, but God knows what is in our hearts, which must be strengthened by him if we are going to be able to have no shadow or variableness of turning in our own lives.

Once this event occurs in our life, which is not a one-time event, we will no doubt see ourselves reflecting the rest of the sentiment of this Psa 34 which talks about giving thanks for the deliverance that God brings to us, a deliverance that we now know must come from within, where all our problems and strength lie ([Mar 7:15](#) , [Col 1:27](#))

Here is the verse we will be looking at tonight:

[Psa 34:1](#) **A Psalm of David, when he changed his behaviour before Abimelech; who drove him away, and he departed.** I will bless the LORD at all times: his praise *shall* continually *be* in my mouth.

[Psa 34:1](#) **A Psalm of David, when he changed [H8138](#) his behaviour before Abimelech; who drove him away, and he departed.** I will bless the LORD at all times: his praise *shall* continually *be* in my mouth.

David changed [H8138](#) his behaviour before Abimelech, and this event can be found in ([1Sa 21:1-15](#)) and sets the tone for the rest of this Psalm.

The overall flavour of this Psa 34 is speaking about deliverance, and how blessed the man is that trusts in God and fears Him ([Psa 34:4](#) , [Psa 34:7](#) , [Psa 34:8](#)). Our ability to trust in God and not fear men is only possible by the grace and faith of Christ ([Eph 2:8](#) , [Joh 15:5](#)). Only by the first man Adam decreasing within us and the second Adam increasing ([Joh 3:30](#)) will we be able to overcome all fear ([1Jn 4:17-18](#)).

God's love will be perfected in us, when we no longer have any confidence in this flesh which must be sacrificed at the altar ([Rom 12:1](#) , [Joh 15:13](#)).

Our flesh must go through a process of being put off so that we can come to confidently understand that nothing can separate us from the love of God ([Rom 8:38-39](#)).

David, for our benefit, was shown in a very personal way that he of his own might could not change the beast within him ([Php 3:3](#) , [Deu 7:22](#)), and even with such great exploits under his belt such as slaying Goliath, his life demonstrates to us in shadow and in type that we must be given the faith of Christ day by day in order to die daily and do spiritual battle wherever the Lord will lead us in this life. In other words the outward enemies such as Goliath and the armies that David and Israel would encounter were nothing compared to the greater spiritual battles which would take place within, as they did with this encounter with being "sore afraid of Achish" within ([Mar 7:15](#) , [1Sa 21:12](#)).

Whenever God does something mightily through us there is going to be a cooling off period and a revisiting of showing us that there is some part of us that is yet carnal and needing to be brought into subjection unto Christ ([2Co 10:5](#)). Christ is increasing in us if God is working with us, and like David who had slain Goliath at this point there was still and will always be need to grow and to go unto perfection as Christ tells us happens by grace and faith ([Joh 15:2](#) , [Luk 13:32](#) , [1Sa 21:3](#) , [1Sa 21:9](#) , [1Sa 17:7](#)).

If we are blessed to read, hear, and keep God's word in this age ([Rev 1:3](#)), we will be healed by that (s)word ([2Sa 12:10](#)) which brings us to see that there is one event unto all men ([Ecc 9:2](#)). God is causing all of this destruction with this sword so that we can become a unified body, which deeply esteems that body better than one's self ([Php 2:1-4](#) CLV). This is an ongoing miracle which can only be accomplished by a process of grace and faith being applied to the first man Adam ([Mat 10:39](#)). We go from having hearts that just naturally "envy" ([Jas 4:5](#)) to becoming a people who are sincerely esteeming each other better, knowing that we are "one spirit" and "one bread" made that way by God ([Eph 4:4](#) , [1Co 10:17](#)).

The word "changed" **H8138** in [Psa 34:1](#) when looked at in other parts of scripture should give us a clearer sense of what God was working in David's life for our benefit ([1Pe 1:12](#) , [1Co 10:11](#)), as well as what the word **H8138** means.

H8138 שִׁנָּה shânâh **Total KJV Occurrences: 23 again, 3** [2Sa 20:10](#) , [Job 29:21-22](#) (2) **change, 3** [Pro 24:21](#), [Jer 2:36](#), [Mal 3:6](#)

In these two verses (Pro 24:21 and Mal 3:6), we are given information as to what great lesson David is showing us by this encounter with Achish. **H8138** David is the one who is changing in this story and we are David in shadow and in type, given to change until we are not, and the only way that we can come to stop being given to change is to be tried and tested as he was in this story ([1Sa 18:28-29](#) , [1Sa 19:1](#) , [1Sa 20:1](#) , [1Sa 21:1-](#)

15) ([1Pe 5:10](#) , [Luk 12:11](#)).

The scriptures do not tell us whether what David was doing was right or wrong before the Lord, but what we do know is that this was done for our benefit ([1Pe 1:12](#)) and God preserved David's life by allowing him “to play the mad man”. There are a couple of thoughts that come to mind with this particular verse in ([1Sa 21:15](#)): The true gospel is rejected and considered foolishness unto the masses as well as how people looked at John and Christ in their time as being demon possessed and gluttonous ([Mat 11:19](#)), and I can't help but think of these points as David is being delivered from his enemies in this story.

No matter what God ends up having us say to others, or how he brings about that witness through God's elect, we know that it will appear as the ramblings of a mad man to most; and even if they have nothing to answer us for our actions, they won't receive us into their spiritual houses ([Jos 1:5](#) , [Luk 21:15](#) , [Gen 9:2](#) , [1Sa 21:15](#)).

The symbolism of how David acts ([1Sa 21:13](#)) to be delivered from those whom he is “sore afraid” reveals to us that this is a desperate man who can only demonstrate some very physical actions that will get him out of a bind. The grace and faith element in David's life is only being revealed in shadow for us. Something is written on the gate by David in this verse, but it is not written but scratched and not going to bring fear to the heart of those around him as did the writing on the wall did with Nebuchadnezzar ([Dan 5:5-6](#)). The spittle running down on David's beard is not the ointment running down on Aaron's beard ([Psa 133:2](#) , [Lev 8:12](#)), but rather it is his spittle,

(see the root of this Strong's number [H7388](#) which is [H7325](#) and used only once, in [Lev 15:3](#) And this shall be his uncleanness in his issue: whether his flesh run [H7325](#) with his issue, or his flesh be stopped from his issue, it is his uncleanness., referring to unclean discharge or issue)

and his writing “scrabbled on the doors of the gate”, both of these are not God's. It is only Christ's spittle which comes from his mouth and mixed with the earth which we are that can bring healing to the blindness that we all have until the Lord gives us eyes to see, and ears to hear ([Joh 9:6](#)).

[Mat 17:6](#) And when the disciples heard *it*, they fell on their face, and were **sore afraid**.

[Mat 17:7](#) And Jesus came and touched them, and said, Arise, and be not afraid.

[Mat 17:8](#) And when they had lifted up their eyes, they saw no man, save Jesus only.

In our next study, God willing, we will look at the rest of the verses of this psalm, which are a shadow of the fruit of God's spirit that comes forth in our lives as a result of the change that God is granting His elect today by grace and faith.