

Notes:

Psalm 70 Superscription

Above this Psalm we read “Of David, for the memorial offering.” Psalm 38 also says “for the memorial offering.” The memorial offering was a small portion of a food offering burnt on the altar, while the rest went to the priests to be eaten. We find the phrase in the grain offering of Leviticus 2, the sin offering of Leviticus 5 (for those who cannot afford an animal so bring grain), and in Leviticus 24 where frankincense is placed on the showbread as a memorial. It is possible this Psalm was sung while memorial offerings were presented in the temple. Both Psalms, 38 and 70, sound a note of urgent anxiety to be cleared of sin and rescued from enemies.

Questions:

Psalm 70

1. What is the Psalmist’s urgent request here? Have you ever felt this way?

Psalm 71

2. Psalm 71 appears to be written from the perspective of an aged person. What does it say about:
 - a. The fears of old age
 - b. The experiences one has with the Lord over a long life
 - c. Learned dependence on God
 - d. How the elderly can help a new generation

3. What do “rock and fortress” mean in verse 3?

4. What might verse 6 mean?

5. What does the Psalmist promise to do for the Lord?

6. What is the expression of faith in verse 20?

7. What are things that we can do for the Lord at any stage of life? What are particularly suitable for older believers?