

PSALM 3 – The LORD Helps His Troubled People!

9/28/19 – Sat. Morn. Prayer - P. Twente, www.ptwente.com 714 425-9221; ptwente@gmail.com

YOU RAISE ME UP – Josh Groban

*When I am down, and, oh, my soul, so weary. When troubles come, and my heart burdened be.
Then, I am still and wait here in the silence, until You come and sit awhile with me.*

*You raise me up, so I can stand on mountains. You raise me up to walk on stormy seas.
I am strong when I am on Your shoulders. You raise me up to more than I can be. (4X)
You raise me up to more than I can be.*

PSALM 3 –The setting of this Psalm is when David fled Jerusalem at the time of Absalom’s rebellion. A broken-hearted father complains of the multitude of his enemies, written when “the conspiracy was strong; for the people increased continually with Absalom,” while the troops of David constantly diminished! “**Lord how are they increased that trouble me!**” Here is a note of exclamation to express the wonder of woe which amazed and perplexed the fugitive father. There was no limit to his misery! How God’s people are given insight and are so encouraged when we have the background of circumstances under which David writes these Psalms, which are identified as being the cause of this Psalm. How we can learn from His experience and his recording them here. What betrayal – by his own son, Absalom and friends of his who joined in this rebellion! The sense of disloyalty and betrayal is overwhelming and hard to put into words! Absalom wanted to kill his father and take over as King of Israel. David fled literally, during the night, with the clothes, on his back! David had been a great, sacrificing king. But now his constituents are turning against him! So now we ask ourselves, David was in this terribly difficult situation. What was it that got him through? This is the song or worship that was birthed out of it!

PSALM 3 – A Psalm of David When He Fled from Absalom His Son. Save Me, O My God! What Got David Through This Most Difficult Situation? “The Morning Hymn” – May we always wake up with holy confidence in our hearts and a song upon our lips!

Vs. 1-2 David Making a Complaint to God Concerning His Enemies

Psa 3:1 LORD, how they have increased who trouble me! Many are they who rise up against me.

- Here David exclaims the wonder of woe which amazed and perplexed him.
- David says, when my darling son, Absalom rebelled against me was bad enough, but lo, even Ahithophel, my faithful counselor as turned his back on me; also, my generals and soldiers have deserted me!
- **Many are they....** Troubles always come in flocks. Sorrow has a numerous family!

Psa 3:2 Many are they who say of me, "There is no help for him in God." Selah (meditate, pause, observe – used 73 times in Ps.)

- This must have been **especially hurtful, the unkindest undercut of all**, for David, the man after God’s own heart, to hear the many people say, "**There is no help for him in God.**"!
- Facing a rumor that even God had forsaken and withdrawn from him, beyond help from God and man!

Vs. 3-4 David Then Declares His Confidence in the LORD.

Psa 3:3 *But You, O LORD, are a shield (mawgane – in 18 Ps.) for me, My glory (kabowd – in 47 Ps.) and the One who lifts up (ruwm – in 46 Ps.) my head.*

- David was in that particular place. What on earth got him through? What happened between him and God, not just to get through it physically, but to get through it mentally, to get through it emotionally, to get through it spiritually?
- Then one of the hardest things of all, to be restored to the throne and not have this great bitterness against the people. He retakes the throne ultimately and very faithfully administers the throne for the rest of his life, really as a service unto the LORD, not so much for the people!
- What got David through? Here is the answer! But, forget everything that’s been said before. Now listen! But You! God plus one or plus none is a majority. **But You, O LORD, are a shield for me**, David knew what a shield was! He lived as a man of war from youth. An instrument of protection! He’s confident in the **fact that God is going to protect him in this situation!**
- He then declared, **You O LORD, are My glory and** When David fled the city, he did not leave his glory! **His glory was his relationship with God! A relationship that no one could bring to an end!**
- Then one of the most favorite descriptions in all of the Bible, **the One who lifts up my head. He is the Lifter of our head!** The thing that got him through was **the LORD, who lifted up his head!** Like speaking comfort and giving encouragement, and a sense of the bigger picture, even though we were paralyzed by the current situation!

He did it! David survived that day to live another day because God was the lifter of his head! Like David, in such a situation, **God will lift our head as well – “Our Father who art in heaven....”!**

Psa 3:4 I cried to the LORD with my voice, And He heard me from His holy hill. Selah

- Here is the result for David... *I cried to the LORD with my voice, And He heard me from His holy hill.*
- **Note the importance of prayer!**

Vs. 5-6 David Sings of His Safety in Sleep

Psa 3:5 I lay down and slept; I awoke, for the LORD sustained me.

- And after he had lifted up his head, he said, *I lay down and slept; I awoke* (he awoke himself), *for the LORD sustained me.* He slept that night!

Psa 3:6 I will not be afraid of ten thousands of people Who have set themselves against me all around.

- And when he woke up, he said, *I will not be afraid of ten thousands of people Who have set themselves against me all around.* No more fear!

Vs. 7-8 David Strengthens Himself for Future Conflict

Psa 3:7-8 Arise, O LORD; Save me, O my God! For You have struck all my enemies on the cheekbone; You have broken the teeth of the ungodly. [8] Salvation belongs to the LORD. Your blessing is upon Your people. Selah

- In light of his attention being lifted to God, he cried out to the LORD, *Arise, O LORD; Save me, O my God! For You have struck all my enemies on the cheekbone; You have broken the teeth of the ungodly. [8] Salvation belongs to the LORD. Your blessing is upon Your people. Selah*
- **He prays with bold confidence!** He's filled with this bold confidence that God gives us when we begin to see our circumstances in the light of God rather than see our circumstances excluding Him.
- Here is this great boldness and confidence that was introduced into his life, so he asked the LORD to defeat his enemies, with the idea that they would not take over his reign that had been given to him by God. That these wicked rulers would not end up ruling God's people. So out of a concern for God's people.
- **Full of peace!** That God is going to always come into our every situation!

SUMMARY:

- The great question is what in world got David through this horrible and difficult time, causing him to survive? Where in a time like that do you turn? David reveals that to us! **He prays with bold confidence! I cried to the LORD with my voice, And He heard me from His holy hill.**
- What got David through? Here is the answer! But, forget everything that's been said before. Now listen! **But You, O LORD, are a shield for me,** David knew what a shield was! An instrument of protection! He's confident in the fact that God is going to protect him in this situation!
- He then declared, **You O LORD, are My glory and** When David fled the city, he did not leave his glory! His glory was his relationship with God! A relationship that no one could bring to an end!
- Then one of the most favorite descriptions in all of the Bible, *the One who lifts up my head. He is the Lifter of our head!* The thing that **got him through was the LORD, who lifted up his head!** Like speaking comfort and giving encouragement, and a sense of the bigger picture, even though we were paralyzed by the current situation!
- **He did it! David survived that day to live another day because God was the lifter** of his head! Like David, in such a situation, **God will lift our head as well – “Our Father who art in heaven....”!**
- **Our God will lift our heads and see us through as well, in every situation!** He's always going to save us from the circumstance that we're in. He's always going to have the final say about every situation in our life, always being faithful to lift our heads as we have need of it. What a faithful, faithful God He is!

YOU'RE MY GLORY - Terry MacAlmon

You're my glory and the lifter of my head. You're my glory and the lifter of my head. for Thou oh, Lord are a shield for me my glory and the lifter of my head. (repeat)

When the terror of the enemy seems to rise all around me. still I, I will not be afraid. Oh, for there is One greater. He's my shield and my defender and He will stand beside me till the death.

PRAY FOR OUR NATION'S LEADERS: PRAY FOR CALIFORNIA: PRAY FOR WORLD LEADERS: - Pray for World Leaders, especially their salvation, including: Xi Jinping – China; Narendra Modi- India; Donald Trump – USA; Joko Widodo - Indonesia; Jair Bolsonaro - Brazil; Arif Alvi - Pakistan; Muhammadu Buhari - Nigeria; Hasina Wazed - Bangladesh; Vladimir Putin- Russia; Lopez Obrador – Mexico. Benjamin Netanyahu – Israel; Angela Merkel – Germany; Theresa May – U.K.; Kim Jong-un – North Korea; Moon Jae-in – South Korea.

PRAY FOR OUR CHURCH/PERSECUTED CHURCH; SCHOOLS; POLICE OFFICERS/MILITARY; ISRAEL: