

Finding Yourself in the Psalms
Psalm 3
A Psalm for Times of Trouble

Read Psalm 3

Psalm 3 and 4 same theme, same time, same structure

3:5 a **morning** Psalm

4:8 an **evening** Psalm

Absalom

NATURAL BEAUTY: 2 Sam 14:25

NATURAL INTELLIGENCE:

NATURAL TALENT:

Vengeful. Waited 2 years in plot to kill brother Amnon over Tamar's rape. 13:23

PLOTTED against his father.

- ingratiated himself to the people
- false humility
- false generosity

DAVID'S TROUBLES were years in the making, and ultimately the consequences of his SIN
2 Sam 15:13

Psalm 3. (Outline by Dr. Peterson)

I. David's Dilemma (3:1-2)

A. Surrounded. Overwhelmed.

B. Picture of sadness. Everything important to David was in jeopardy. (2 Sam 15:30 - passing by Mt of Olives. Sackcloth, barefeet

C. "The wave which threatens to overwhelm him is growing in volume and momentum" (Scroggie)

WAVES in our lives - feeling like we are to be overwhelmed. Outnumbered.

1. Wave of financial burden

2. Wave of failing health

3. Wave of rebellious children

4. Wave of broken relationships

5. Wave of loneliness

6. Wave the consequences of sin

II. David's Deliverer. 3:3-4 David acknowledges God's **character**.

A. A shield about me.

B. David would bring His cry to the LORD

III. David's Defense. 3:5-6

A. "Lie down and sleep" *peaceful rest*. "Not the sleep of exhaustion, but of trust in God, Who sustains him all of the time" (Scroggie)

B. **Even when surrounded, insulted, hurt, DAVID SLEPT. The God who**

sustained him in the PALACE could also sustain him in the FIELD.

C. David was outnumbered. Israel went after Absalom. Some of the counselors went after Absalom.

D. **DOES YOUR CONFIDENCE in God allow you to be at rest?**

1. We say “we have peace”

2. One way to tell is if we “have rest”

IV. David's Delight. 3:7-8

A. PAST TENSE. 3:5-8 are past tense verbs, even though they had not happened at the time David describes.

1. God HAD delivered.

2. Psalm 91:9-16 “because he loves me, I will rescue him”

B. Have you ever been overwhelmed?

C. God is there.