

# Psalm 3

By Marianne Castillo



Psalm 3 was written by David in the time of affliction and deep grief, hurt, and pain. His son Absalom was planning a violent attack against David and had the intention of killing his own father (2 Samuel 17:1-4). Imagine your child wanting to cause you great harm. Some of you don't need to imagine, your child might be against you, or maybe it is a close friend, a parent, sibling, or spouse.

Not only is Absalom desiring to ruin his father, he has also gotten David's friends to be against him as well. Can you relate? Or maybe you are Absalom and the other friends in this circumstance. What do you think David was thinking and feeling?

David took all his thoughts and feelings to God. He walked to the top of Mount Olive with his head down and wept. He was suffering and in turmoil. But he chose to cry out to God. David did not go to others to complain, gossip, or plan a plot of revenge. He didn't try to take matters into his own hands or control the circumstance God allowed him to be in. He first goes to God. He brings his complaints before the Lord.

**Now let's dive into David's cry out to God. Psalm 3:1-8**

*Verse 1 O LORD, how many are my foes! Many are rising against me;*

There are so many people against David. How many could there be, he asks? Their intention was to trouble him

**Discussion question:**

**What does it feel like when others are against you?**

**\*But wait...it gets worse**

*Verse 2 many are saying of my soul, "There is no salvation for him in God*

And now others are talking about him and saying things. What are they saying? They are talking about his soul. They think they know his soul. They say there is no salvation for David in God. This is a hopeless statement that they are making and a false statement. This would mean that God cannot save us, that he forsakes us, this statement goes against all of whom God is. But we know that scripture is right and true, and God promises that he never leaves or forsakes us.

They are saying that God won't help David, perhaps they think God won't help him as a part of David judgments for past sin. We also know that for a believer God disciplines those he loves (Hebrews 12:6) those who are in Christ are free of condemnation. Absalom and the people were trying to shake David's confidence.

**Discussion Questions:**

**Have you had people assume they knew something about you that was untrue?**

**Have others been wrong in their assessment of your motives or heart?**

**How did you handle that?**

**What were some things that went through your mind?**

**In the next verse we see that David does not let the people steal his confidence in the Lord. Psalm 3:3-8**

*Verse 3 But you, O Lord, are a shield about me; my glory, and a lifter of my head.*

But you! Here is David's turning point. He has given his complaint to God with all his emotion full of tears, sorrow, and probably confusion. He begins to acknowledge who God is. God is David's shield. God is David's safety and comfort. God provides a protection for David that is spiritual.

David calls God his glory. David the King is being brought low and a man who once was respected and honored is now being attacked. But in God's eyes he has not lost his honor. As Matthew Henry said in his commentary about David "he has God for his glory".

**Discussion Questions:**

What is your glory?

We can look for it in many places/with many idols...where does yours lie?

**God is also the lifter of his head.** Now David walks with his head down and is heavy with sorrow, but God is the one who will deliver David and provide joy. In times of being wronged, sinned against, suffering, we can rejoice and be glad because God is the one who sustains us, will lift our heads, and restore us.

**Discussion Question:**

What does it look like for this verse to be true in your life?

*Verse 4 I cried aloud to the LORD, and he answered me from his holy hill*

David again cries out loud to God, a God who is always listening to us. David's crying out to God is an example that we can lay our emotions, cries, tears, questions, and complaints at the feet of God. This could look like talking to God out loud, praying silently, or my preference journaling my prayers. And to be honest sometimes that looks like me sitting on my bed praying in my journal as my tears fall from my face and smudge the ink. And my caring, loving, God is listening to every word being written.

**Discussion Questions:**

Do you cry aloud to God?

When wronged, when in conflict, when in despair – where do you run?

*Verse 5 I lay down and slept; I woke again; for the LORD sustained me.*

In the middle of all the turmoil David goes to sleep and is rested. God sustains him as he sleeps and provides care and protection as he sleeps. Sustaining David is an example of God's grace, love and care for David.

This verse reminds us that we cannot do anything on our own. We need God to sustain our finite minds, soul and body.

### Discussion Questions:

How do the hurts and difficulties you face affect you physically?

How do you lean in and remember that God sustains you, watches over you, gives you rest?

What blessings have you seen in the midst of your circumstances as evidence of God's sustaining grace?

*Verse 6 I will not be afraid of many thousands of people who have set themselves against me all around.*

David, in confidence, states that he will not be afraid of all the thousands of people who are against him. That is a lot of people! These people were trying to shake his confidence in God,

yet he did not let them still his joy and confidence in God. God knows the truth. God sees all. And if God is for you, no man can be against you! (Romans 8:31)

### Discussion Question:

Are you allowing a circumstance, person, or yourself to rob you of your confidence and joy that comes from your almighty God?

*Verse 7 Arise, O LORD! Save me, O God! For you strike all my enemies on the cheek; you break the teeth of the wicked.*

Now we begin to see David grow more confident in the Lord. I imagine him in the beginning of the psalm sitting on the hill, head down, and tears falling from his face. But now he stands tall on the hill with both arms lifted high with a smile full of joy in God. As he shouts verse 7 at the top of the hill he begins to get louder, and shouts verse 8 Salvation belongs to the Lord; your blessing be on your people!

And with humility and grace David wishes blessing on the people who are against him. It is because of Christ he can extend love and grace.

The promise from God of a future Christ. He spends time with God, so he knows God's heart! He's experienced God's love and grace in his own life.

Now this might sound crazy and you're not going to want to do it, but hear me out, it will bring God all the more Glory. I want you to take a moment and pray for the person that hurt you, sinned against you. I know that as you began to read this a name came to your mind. Pray for that person that is hard to love and even harder to imagine serving.

Pray a blessing over them. Pray that they have success in their job, pray that the Lord provides for them in an area they are in need. If they are unbelievers, pray for their salvation, because they do not know God. I would encourage you to do this every day and allow the Lord to work in your heart and soften your heart towards that person so that you may love them with Christ-like love.

**Discussion Question:**

**How does being thankful, remembering who God is in Scripture and personally, help you to keep who He is at the forefront of your mind?**

You may be suffering, tired, weak, frail, sad, lacking sleep at night, confused, and angry with those who speak unwell of you or have sinned against you. But our good God is still reigning high on his throne. He is powerful and has the power to change hearts and save souls. He is the owner of salvation. Our salvation belongs to God and has been completed through his son. You, my sweet friend, are under the safety, care, and protection of your great God. And even when we don't "feel" like being joyful you can be because you are a child of God! And he is the one who will deliver you spiritually and complete your joy.

**Discussion Question:**

**Where are you struggling to believe this? How can we be praying for your heart specifically in this?**

**We learn from David how to...**

1. Be faithful and remain steadfast
2. Cry out to God (Vs.1, 4)
3. Renew our minds with who God is (V. 3, 5)
4. Extend grace to those who have caused us grief and why we can (Vs. 8)

**We learn that God is our...**

1. Shield (Vs. 3)
2. Caretaker (Vs. 3-7)
3. Protector (Vs. 3-7)
4. Savior (Vs. 8)

5. Deliverer (Vs. 3)

6. Joy giver (Vs. 3)

7. Sustainer Vs. 5)