

Psalm 3

How to Be Victorious Over Distress and Enemies, 3:1-8

Psalm 3:1-8 (NKJV)

- ¹ Lord, how they have increased who trouble me! Many are they who rise up against me.
² Many are they who say of me, “There is no help for him in God.” Selah
³ But You, O Lord, are a shield for me, My glory and the One who lifts up my head.
⁴ I cried to the Lord with my voice, And He heard me from His holy hill. Selah
⁵ I lay down and slept; I awoke, for the Lord sustained me.
⁶ I will not be afraid of ten thousands of people Who have set themselves against me all around.
⁷ 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 uses a broken-hearted father and a humiliated king to encourage us as we face the desperate situations of life. This is, *How to Be Victorious Over Distress and Enemies, Psalm 3:1-8*.

1. Lay your distress before God (vv. 1-2).
2. Proclaim your faith in God (vv. 3-6).
3. Cry out for God’s deliverance (vv. 7-8).

2. (Psalm 3:3-6) Proclaim your faith in God.

Psalm 3:3-6 (NKJV)

- ³ But You, O Lord, are a shield for me, My glory and the One who lifts up my head.
⁴ I cried to the Lord with my voice, And He heard me from His holy hill. Selah
⁵ I lay down and slept; I awoke, for the Lord sustained me.
⁶ I will not be afraid of ten thousands of people Who have set themselves against me all around.

Psalm 3:3-6 calls us to do what David did:

- Shift perspective
- Speak covenant truth
- Cry out in prayer
- Rest in trust
- Rise without fear

Your enemies may be many. Your situation may be complex. But your covenant Lord remains unchanged. The most powerful word in your crisis may be one small conjunction: “But.” “But You, O Lord...” “But” is the simple, yet powerful, word that transitions the mood of this psalm from helplessness to hope, from darkness to light, from weakness to power.

Psalm 4:2 NKJV

- ² How long, O you sons of men, *Will you turn my glory to shame? How long will you love worthlessness And seek falsehood? Selah*

He was further disgraced by that fact that his enemy was his son. But David recognized that any glory he had achieved had come from the Lord, and he was fully aware that only God could restore his former glory.

God's Word declares that *"the Lord will give grace and glory,"* ([Psalm 84:11](#)).

[Psalm 84:11 \(NKJV\)](#)

¹¹ For the Lord God is a sun and shield; The Lord will give grace and glory; No good thing will He withhold From those who walk uprightly.

David foresaw God's glory being restored to him...

- through "the honour of serving such a master" as the Lord
- through the assurance of God's covenant that had been promised to him
- through the restoration of all that Absalom had taken away from him
- through a victory in the battle and a triumphant return to Jerusalem
- through the display of God's favor and power on his behalf, contrary to what his enemies believed

We sometimes face situations that can make us feel embarrassed, scorned, and even disgraced. Problems of an intense personal nature, such as family strife, financial difficulty, or loss of employment leave us feeling humiliated and ashamed. But even in the midst of our failures, we must remain faithful to the Lord and hope in Him. If we do, He promises to shower us with His glory:

[Romans 8:18 \(NKJV\)](#)

¹⁸ For I consider that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.

[1 Peter 4:13-14 \(NKJV\)](#)

¹³ But rejoice to the extent that you partake of Christ's sufferings...

¹⁴ If you are reproached for the name of Christ, blessed are you, for the Spirit of glory and of God rests upon you.

c. God lifts up and encourages you ([v. 3](#)).

[Psalm 3:3 \(NKJV\)](#)

³ But You, O Lord, are a shield for me, My glory and the One who lifts up my head.

David's head was bowed low in despair because of his situation and in dread of the battle ahead. But David declared his unwavering confidence that God would encourage him.

First, the Lord would lift his head and give him the needed courage to face his foes, fears, and dreaded tomorrows, just as He will lift ours. He will show forth His magnificent power, strength, and help on our behalf. He will encourage us—make us bold and enable us—to face every problem in the strength He gives.

Second, the Lord would lift David's head to look above his circumstances so that he might see God's glory. Ruling above the fray of our world and the attacks of our enemies is God. He is on His throne. In our darkest nights He lifts up our heads to give us a glimpse of Himself—His glory, power, greatness, and sufficiency for our troubles.

Third, David had left Jerusalem with His head hung low in shame and rejection. God would lift his head in triumph, and the king would march again into Jerusalem. God would give him victory and He would reclaim his throne with his head held high.

Unfortunate events may embarrass us and cause shame in our lives. They may make us the subject of reproach among our critics and enemies. But when we know that we have been faithful to God, He will lift our heads high and send us to march on undeterred in our faith. In His good time, He will vindicate us and honor our faith and faithfulness to Him.

d. God answers your prayers (v. 4).

Psalm 3:4 (NKJV)

⁴ I cried to the Lord with my voice, And He heard me from His holy hill. Selah

“Too often plans come before prayers.” This was not the case, however, with David. He had no plan, and he realized he was incapable of successfully carrying out a strategy that would defeat his enemies.

His first and only recourse was to cry out to God in prayer. In desperation, he cried aloud from the depths of his heart. David was compelled to express the heaviness in his spirit audibly to the Lord. His loud crying released the pressure and pain pent up inside him. Although David’s world was crumbling around him, he had faith that God was unshaken in *his holy hill*—Mount Zion, the place where the tabernacle sat, and later the temple. God’s glorious presence was manifest there in the Ark of the Covenant. When David left Jerusalem, the Levites removed the Ark and carried it with his fleeing delegation. But David commanded that it be returned to its proper place.

The disgraced king declared his confidence in the purpose and power of God:

2 Samuel 15:25-26 NKJV

²⁵ Then the king said to Zadok, “Carry the ark of God back into the city. If I find favor in the eyes of the Lord, He will bring me back and show me *both* it and His dwelling place.

²⁶ But if He says thus: ‘I have no delight in you,’ here I am, let Him do to me as seems good to Him.”

David was confident that God answered his prayers because of God’s covenant relationship with him. His cry to the Lord was the cry of a child to his Father:

1 Chronicles 17:13 NKJV

¹³ I will be his Father, and he shall be My son; and I will not take My mercy away from him, as I took *it* from *him* who was before you.

As believers under God’s new covenant of grace, we enjoy the same Father/child relationship with God:

Romans 8:14-15 NKJV

¹⁴ For as many as are led by the Spirit of God, these are sons of God.

¹⁵ For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, “Abba, Father.”

Galatians 4:6 NKJV

⁶ And because you are sons, God has sent forth the Spirit of His Son into your hearts, crying out, “Abba, Father!”

Through the shed blood of Christ, we are given the wonderful privilege of crying out to our Heavenly Father at anytime, anyplace.