

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.

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.

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

Through the shed blood of Christ, we are given the wonderful privilege of crying out to our Heavenly Father at anytime, anyplace. He assures us of open access into His glorious presence, and He invites us to come boldly before His throne. When we faithfully approach Him, He promises to help us and to meet our needs.

Hebrews 4:16 NKJV

- ¹⁶ Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

Hebrews 10:19-22 NKJV

Hold Fast Your Confession

¹⁹ Therefore, brethren, having boldness to enter the Holiest by the blood of Jesus,
²⁰ by a new and living way which He consecrated for us, through the veil, that is, His flesh,
²¹ and *having* a High Priest over the house of God,
²² let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience and our bodies washed with pure water.

1 John 5:14-15 NKJV

Confidence and Compassion in Prayer

¹⁴ Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us.

¹⁵ And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him.

e. God sustains—watches over—you through both day and night (v. 5).

Psalm 3:5 (NKJV)

⁵ I lay down and slept; I awoke, for the Lord sustained me.

David powerfully proclaimed his confidence in the Lord. In spite of his distress—the heartache of a rebellious son who sought his life, the fear of attack by his enemies during the night, the dread of tomorrow’s battle—David lay down and slept. His lying down shows just how much he trusted God to watch over him during the night. His sleep shows the peace that God gave him in the midst of unimaginable trouble.

David could sleep because he knew God was awake and because, just as God promises, God gave His *unexplainable peace* in response to David’s prayers:

Philippians 4:6-7 (NKJV)

⁶ Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;

⁷ and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

The king awoke to see the morning light because God *sustained (samak)*—guarded, upheld, supported—him. As he slept, he literally leaned upon the Lord, and he arose with great confidence and strength to face the battle of the day. We should remember the importance of sleep when facing serious trouble. We must be refreshed—renewed, strengthened—physically as well as spiritually in order to deal with the challenges that trouble brings. God will grant us sleep when we fully commit our concerns to Him in prayer, and when we trust Him for the victory. Prayer does not always change our circumstances, but it always changes us.

In **Acts 12**, after Peter had witnessed the brutal slaying of James by Herod’s sword, he was captured and put in prison. On the night before he was to be executed, God sent an angel to free him from prison. Peter was sleeping so soundly that the light from the angel did not rouse him. In fact, the Bible says that the angel had to strike Peter on the side and physically lift him up in order to awaken him!

Peter was still half-asleep and thought he was dreaming as he groggily followed the angel out of the prison. It was some time later that Peter fully awoke and realized the miracle that had taken place (**Acts 12:6-11**).

Acts 12:6-11 NKJV

⁶ And when Herod was about to bring him out, that night Peter was sleeping, bound with two chains between two soldiers; and the guards before the door were keeping the prison.

⁷ Now behold, an angel of the Lord stood by *him*, and a light shone in the prison; and he struck Peter on the side and raised him up, saying, “Arise quickly!” And his chains fell off *his* hands.

⁸ Then the angel said to him, “Gird yourself and tie on your sandals”; and so he did. And he said to him, “Put on your garment and follow me.”

⁹ So he went out and followed him, and did not know that what was done by the angel was real, but thought he was seeing a vision.

¹⁰ When they were past the first and the second guard posts, they came to the iron gate that leads to the city, which opened to them of its own accord; and they went out and went down one street, and immediately the angel departed from him.

¹¹ And when Peter had come to himself, he said, “Now I know for certain that the Lord has sent His angel, and has delivered me from the hand of Herod and *from* all the expectation of the Jewish people.”

In the darkest of nights, our loving, gracious Father will give us rest if we will place ourselves in His powerful hands.

f. God delivers you from fear—even when thousands oppose you (v. 6).

Psalm 3:6 (NKJV)

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

David entrusted his life into the Lord’s hands; therefore, he was able to face the day unafraid. In the Lord’s strength, he stood against the rebellious forces that sought his life. Remember, he was grossly outnumbered. He was neither exaggerating nor using poetic language when he spoke of tens of thousands opposing him. Though mighty and brave, the number of those who supported and fled with him was small in comparison (**2 Samuel 15:13**; **2 Samuel 17:11, 24**; **2 Samuel 18:7**).

2 Samuel 15:13 NKJV

David Escapes from Jerusalem

¹³ Now a messenger came to David, saying, “The hearts of the men of Israel are with Absalom.”

2 Samuel 17:11 NKJV

¹¹ Therefore I advise that all Israel be fully gathered to you, from Dan to Beersheba, like the sand that *is* by the sea for multitude, and that you go to battle in person.

2 Samuel 17:24 NKJV

²⁴ Then David went to Mahanaim. And Absalom crossed over the Jordan, he and all the men of Israel with him.

2 Samuel 18:7 NKJV

⁷The people of Israel were overthrown there before the servants of David, and a great slaughter of twenty thousand took place there that day.

He and his army were surrounded by Absalom's disloyal forces, men who once fought in David's army.

Thought 1. “For whatever is born of God overcomes the world. And this is the victory that has overcome the world—our faith.” (1 John 5:4 NKJV).

David did not speak from a heart of doubt but from a heart of faith. In our darkest, most desperate nights, we must hold fast to the Lord and His unchanging Word. Unwavering faith releases the mighty power of God to act on our behalf. However, even the slightest doubt can hinder the miraculous from taking place.

For this reason, we must be fully persuaded of God's presence and power and not allow doubt to enter our minds. Consider the amazing impact of faith—or the lack of it:

Matthew 9:20-22 (NKJV)

²⁰And suddenly, a woman who had a flow of blood for twelve years came from behind and touched the hem of His garment.

²¹For she said to herself, “If only I may touch His garment, I shall be made well.”

²²But Jesus turned around, and when He saw her He said, “Be of good cheer, daughter; your faith has made you well.” And the woman was made well from that hour.

Mark 9:23 (NKJV)

²³Jesus said to him, “If you can believe, all things are possible to him who believes.”

Mark 11:23 (NKJV)

²³For assuredly, I say to you, whoever says to this mountain, “Be removed and be cast into the sea,” and does not doubt in his heart, but believes... he will have whatever he says.

James 1:6-7 (NKJV)

⁶But let him ask in faith, with no doubting...

⁷For let not that man suppose that he will receive anything from the Lord.