

# Psalms 3

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## Psalms 3

YouTube Prayer Link

How to deal with humiliation and attacks

The LORD is my shield around me

Psalms 3 is David's psalm, and there are 14 poems in the Psalms about 14 events in David's life, and the third is his prayer in the early morning, David went up to the Mount of Olives with his head covered and barefoot, and wept on the side, and when Jesus and David faced persecution, they both went out of the city and crossed the Kidron River to the Mount of Olives, not to run for their lives, but to be close to and rely on God.

When David's son Absalom rebelled against him, his followers grew and gained momentum, and Absalom was the third son of David, born to Maacah, the daughter of Damai, king of Geshur.

David's son Absalom had ambitions for the throne, and he deliberately wooed the people of Israel, and when the time came, he raised an army to rebel, and the rebellion was very strong, because the people who followed Absalom were increasing. Absalom's rebels approached David's capital, Jerusalem, and David had to flee Jerusalem with his servants, leaving only ten concubines to guard the palace. David had a prosperous life, but in his twilight years he had to escape from Jerusalem from his son's rebellion. This poem goes beyond simple love and hatred, and vividly depicts the thousands of thoughts of the saints in suffering, full of regret and prayer.

Sad and exhausted as he fled, David and his retinue stopped by the Jordan River, rested for several hours, were awakened by the news, and had to flee immediately. This group of men, women, and children was in the darkness to cross a deep and rapid river; Because the betrayed son was in hot pursuit. In the midst of his darkest trials, in the face of his enemies, David sang this great psalm of trusting God. This poem is called "Morning Prayer". It is the call of the heart in the midst of danger, and it also expresses the relief of pain when the night passes.

David fled with the first six hundred men who had with him, and Zadok and Abiathar and the Levites who carried the ark of the covenant came after him, and David said to Zadok, "Take the ark of God back to the city." If I find favor in the eyes of the LORD, he will bring me back to the ark of the covenant and his dwelling place. Originally, it was important to have the ark of the covenant with him, because it represented the glorious presence of God, but David knew God and had faith in God, and he was willing to give the decision back to God, and he was willing to trust God with all his heart. For if God is not pleased with him, even if the ark of the covenant is around, it is in vain; If God is pleased with him, he will be able to return to the Ark of the Covenant and his dwelling place. Absalom's rebellion was God's punishment for David's sin, and it was the deadliest blow to David, who trusted God all his life! When believers encounter difficulties in the environment outside, they often hear Satan's accusations against themselves and God inside, so they fall into deeper depression and depression. Satan will bring up our past mistakes and then deceive us that God will not help us. In this way, we feel more lonely, more helpless, more wandering, and easier for the devil to defeat.

When we are misunderstood and betrayed, our most trusted friends leave and the people we love the most become our enemies. How do we deal with such a situation? We ordinary people are usually depressed, or sad, or angry, or complaining, full of resentment against God, unable to sleep at night, in trouble. David did not forget to pray to God. David knew that his God had not forsaken him. He poured out to God what had happened to him: How my enemies have multiplied, and many have risen up against me. What made David even more sad was that he learned that his people had rebelled against him because they thought God had left David and was no longer helping him.

It is not easy to be able to open your mouth and pray to God in the midst of difficult times. We tend to be swayed by our emotions. David shows us a wonderful example of praying to God in times of trouble. He clearly told God what His own predicament was. David was able to pray to God in the midst of difficult times because he had become accustomed to the pattern of praying to God. He didn't come to God only in times of trouble, but he came to draw near to Him in every situation in his life.

The psalm is divided into four stanzas. Verses 1 (1-2) David is tested, Verses 2 (3-4) trust in God, Verse 3 (Verses 5-6) David's inner peace and stability, and Verse 4 (Verses 7-8) believe in victory. Thus, this psalm shows the expression of David's faith, and his concentration on God led him to grow in courage and faith.

In the first section (verses 1-2), David is tested

Absalom secretly gathered more than 200 men with David to Hebron, "and the rebellion was great; for with the people of Absalom multiplied." as Jesus rode into the city on a donkey, and the people after him cried out, "Hosanna to the Son of David." Later, they cried out, "Crucify Him!" It can be seen that the human heart is unpredictable and immeasurable, and it also shows the fickleness of the human heart, which is in contrast to God's love and honesty. Today, there may be enemies attacking us, everyone says that we are not good, that we are not financially good, that things are not going well in everything, that we do not have God's help, that our prayers are useless, and that God does not want us anymore. Jesus had the same experience, when He was handed over to the Gentiles for judgment, where the soldiers took Him, mocked Him, scourged Him, and everybody laughed at Him, talked about Him, ridiculed Him as the King of the Jews, the Son of God, but could not save Himself. Military attacks are frightening; The attack of the discussion is humiliating.

(vv. 1-2) David tells God about his condition, and he is facing attacks from two sides: 1. Absalom's military forces attacked, and more and more people followed Absalom; 2. And the words of the enemy continued against him, saying that he had no help from God, and cursed him, and that God had forsaken him and did not want him to reign. Many have commented on the fact that David had insulted Bathsheba and murdered her husband Uriah. And David, who was rebuked by the prophets, knew that he would repent immediately, and God took away his sin so that he would not die, but only chastened him through some evil. The saddest of all was the verbal attack, the invisible sword, and every word that slandered him was sharp, the most powerful of which was, "He has no help from God," and when the enemy said of David like this, it was easy for him to be reminded of his sin and to put him in such a miserable state.

David faced the dark days of his life? First of all, he did not deny, he acknowledged and experienced his situation, he did not run away, he tried to hide his predicament, to save his self-esteem and face, these are all techniques that we usually use, but this escape does not untie our knots. He saw his isolation, "O Lord! How my enemies have multiplied, and many have risen up against me." As the king of a country, it is really uncomfortable to build this country with his own hands and fall to the point where he is today. We've all been through these dark days to a greater or lesser extent, and have we, like David, not running away from it, not denying it, but forcing him to come to God and pray?

Verse 2 (3-6) David's faith

David had great faith in God, and though many were attacking, "you, the Lord, are my shield round about, and my glory, and lift up my head." God is my protector, I am humiliated, but God is my glory, and You will help me to lift up my head, and God can change everything, even though I am not in the holy mountain of Jerusalem, "I call to the LORD with my voice, and he will answer me from his holy mountain." This is the foundation of King David's faith, and each of us should have that foundation in the face of attack and humiliation, knowing that God is our help, our glory and our shield around us, and God will lift up my head. God will never forsake us. This is also the foundation of Jesus Christ's faith on the cross, which He preserves in the face of death, so that we can see a way out of spiritual recovery in the midst of life's lows and despairs.

The two most important things in life are our lives and our reputations, and we are afraid of being attacked and losing the security of our lives; We are afraid of being slandered, losing our dignity and good name, these are all things that the world cares about, but for Christians, these are short-lived and unreliable, and the Lord is our true guarantee, our shield, and the Lord is our glory, so that we may lift up our heads and be human beings, which is what David affirmed in the dark days, and it is also the faith that we affirm.

David sent his cry and prayer to God, "I called unto the LORD with my voice, and he answered me from his holy mountain." The holy mountain is Mount Zion, the place where God made David king, the place from which he now flees, and the place where his son Absalom has occupied. But for David, it was not Absalom who gave the decree from the holy mountain, but God Himself, who answered my cry from his holy mountain!

In times of dire straits, we also need to remind ourselves that it is not external circumstances or the Ruler of nations who control us, but God, who has answered us from His holy mountain! David was proud of God in the midst of his troubles, just as Paul suffered for the gospel and was bound like a criminal, but he was not ashamed of the gospel, saying, "For I know who I believe, and confident that he will keep what we have delivered to him until that day." We are also called to "reign with Christ," so our ultimate goal is to seek victory in the Lord.

The word "thin" is used three times in this article. The word "shrah" is used seventy-three times in the Psalms and three times in the book of Habakkuk. In Hebrew poetry, "Sarlah" is meant to be noticed, and the reader is invited to raise his head and meditate on what he said.

(Verses 5-6)

Because this belief is not to look at the environment and the surroundings, but to look at God, not to look at everything and all people from "under the sun", but to look at our lives from "above the sun", and we will enjoy peace in our hearts. "I lie down and sleep, and I am awake, and the Lord blesses me, and I am not afraid that thousands of people shall come about against me." David was able to sleep and live peacefully in this critical day, knowing that God had not forsaken him, and that He was always watching over and blessing him. (v. 3:6) Just tell God everything.

Section 3: Seeking True Victory:-(Verses 7-8)

David was concerned with God and his people, and he saw that "salvation belongs to the Lord," that only with the Lord can there be true victory and salvation, and that nothing but Him is empty. He prayed "Bless your people" for God's people, and we can see that the poem has shifted from "I" to "Your salvation", "Your people", "Your blessing", and David saw that this was the real victory, the real blessing. When Jesus was resurrected, He blessed His disciples with "Peace be with you," so that even though reality remains unchanged and undelivered, if we receive it spiritually, we will be set free, and we will experience changes in nature. This is David's faith, and it is the faith we should have. We can also be attacked at home or in the workplace, and we can cry and cry out to God, but don't dwell on negative emotions. After venting negative emotions, declare them aloud with the truth of the Bible and fill your heart with the positive

words of truth. Life and death are between tongues, let the words of victory come out of the mouth, and the enemy will be defeated.

We pray:

Dear Heavenly Father, You are our salvation and our help, and in times of disgrace and attack we are in trouble, but You will hear our cry, and with Your help, we can lie down and sleep like David, for You will protect and care for us. Preserve that we have this faith so that we will not be afraid, no matter what circumstances we face. Lord, you made us lift up our heads. Your gentle eyes often give us comfort and encouragement to come out of despair and hold our heads high in the face of our enemies. You are the all-pervasive, all-knowing, all-powerful God! We trust you!

In the glorious name of the Lord Jesus Christ we pray, amen.

Psalm 3

King James Version

1 Lord, how are they increased that trouble me! many are they that rise up against me.

2 Many there be which say of my soul, There is no help for him in God. Selah.

3 But thou, O Lord, art a shield for me; my glory, and the lifter up of mine head.

4 I cried unto the Lord with my voice, and he heard me out of his holy hill. Selah.

5 I laid me down and slept; I awaked; for the Lord sustained me.

6 I will not be afraid of ten thousands of people, that have set themselves against me round about.

7 Arise, O Lord; save me, O my God: for thou hast smitten all mine enemies upon the cheek bone; thou hast broken the teeth of the ungodly.

8 Salvation belongeth unto the Lord: thy blessing is upon thy people. Selah.

## Psalm 3 - A Psalm of David

### Theme:

Psalm 3 is a prayer by David when he fled from his son, Absalom, who had rebelled against him and sought to take his throne (2 Samuel 15). In this psalm, David expresses his trust in God despite being surrounded by enemies. It is a reflection of David's faith amidst the betrayal and hardships he faces, showcasing God's protection, deliverance, and provision of peace.

### Structure:

Verses 1-2: David's plight and the taunts of his enemies.

Verses 3-4: David's confidence in God's protection.

Verses 5-6: David's peace and trust in God's deliverance.

Verses 7-8: David's plea for rescue and acknowledgment of God's saving power.

### Full Text of Psalm 3:

"Lord, how many are my foes! How many rise up against me!"

David begins by acknowledging the multitude of enemies who are threatening him.

"Many are saying of me, 'God will not deliver him.'"

His enemies mockingly claim that even God has abandoned David, shaking his faith.

"But you, Lord, are a shield around me, my glory, the One who lifts my head high."

Despite the overwhelming opposition, David declares his trust in God as his protector and source of honor.

"I call out to the Lord, and He answers me from His holy mountain."

David testifies that when he cries out to God, his prayers are heard and answered.

"I lie down and sleep; I wake again, because the Lord sustains me."

Even in the midst of danger, David is able to find peace and rest, trusting that God is watching over him.

"I will not fear though tens of thousands assail me on every side."

His confidence is unwavering, knowing that no matter how great the opposition, God's protection is sufficient.

"Arise, Lord! Deliver me, my God! Strike all my enemies on the jaw; break the teeth of the wicked."

David prays for God to act decisively against his enemies, using vivid imagery to describe his desire for their defeat.

"From the Lord comes deliverance. May Your blessing be on Your people."

He concludes by affirming that salvation and deliverance come from God alone, and he asks for God's blessing on His people.

Important Verses and Their Meaning:

Verse 3: "But you, Lord, are a shield around me, my glory, the One who lifts my head high."

This verse is key in expressing David's confidence in God's protection. Despite his enemies' taunts, David believes that God will defend and restore his dignity ("lift my head").

Verse 5: "I lie down and sleep; I wake again, because the Lord sustains me."

This shows David's deep trust in God. Even in times of danger, David can rest, knowing that God will sustain and protect him.

Verse 6: "I will not fear though tens of thousands assail me on every side."

This is a bold declaration of faith. David's lack of fear, even when surrounded by enemies, reflects his reliance on God's protection.

Verse 8: "From the Lord comes deliverance. May Your blessing be on Your people."

This closing verse emphasizes that victory and deliverance are gifts from God. David not only prays for himself but also for the wellbeing and blessing of God's people.

Key Themes:

**Trust in God's Protection:** David's faith in God as a shield, even when circumstances seem dire, highlights a recurring theme of divine protection throughout the Psalms.

**God's Deliverance:** David acknowledges that it is God who delivers from enemies and trouble. Salvation is not from human efforts, but from God's intervention.

**Inner Peace Amidst Danger:** Despite the chaos around him, David finds peace through his trust in God, reflecting the idea that spiritual peace can coexist with external conflict.

**Prayer and God's Response:** David's relationship with God is marked by honest prayer, and he testifies that God answers him from "His holy mountain," representing divine authority.

Psalm 3 is often read as a psalm of trust and confidence in God's sustaining power, even when life seems overwhelming. It is a reminder that God is near and ready to deliver those who call on Him in times of trouble.

Theological Thought and Spiritual Influence of Psalm 3

Psalm 3, as one of David's laments during a time of crisis, carries deep theological significance and spiritual influence, both in the context of the Old Testament and for personal spiritual reflection. It provides insight into key aspects of biblical theology such as the nature of God, the power of prayer, the struggle of faith in adversity, and the concept of divine deliverance.

Theological Reflections:

God as Protector (Divine Sovereignty and Care):

"But you, Lord, are a shield around me" (v.3):

The imagery of God as a "shield" emphasizes God's role as a divine protector. This protection is not limited to physical safety but extends to spiritual security. Theologically, this reflects the belief that God's sovereignty ensures that no harm can befall His people unless permitted by His divine will.



God's shielding presence around David points to His intimate care for His people. The idea of God as a protector is central to the Psalms and reflects a consistent biblical theme of God's paternal care over His covenant people.

Prayer and Divine Response (God's Immanence):

"I call out to the Lord, and He answers me from His holy mountain" (v.4):

The psalm illustrates a theology of prayer where God is portrayed as both transcendent (the "holy mountain") and immanent (near and responsive). God is not distant or unresponsive, but intimately involved in the lives of His people. This reinforces the concept of a personal God who hears and responds to the cries of His people.

David's confidence that God listens from His "holy mountain" (likely referring to Zion, the seat of God's presence) bridges the human-divine divide, affirming that God's power and holiness are not barriers to His interaction with His people. It's a reflection of God's covenantal faithfulness to Israel.

Faith Amidst Adversity (Human Struggle and Trust):

"I will not fear though tens of thousands assail me on every side" (v.6):

David's declaration that he will not fear despite overwhelming odds reflects the theology of trust in God's faithfulness. In biblical thought, faith is often tested in times of trial, and Psalm 3 captures the tension between human vulnerability and divine strength. David's confidence demonstrates the biblical principle that faith is not the absence of fear but trust in God's ability to deliver and sustain.

Theologically, this emphasizes the need for believers to place their trust in God, even when circumstances seem insurmountable. It echoes the broader biblical narrative of God's people overcoming through faith, as seen in figures like Moses, Joshua, and later, in the New Testament, Jesus.

Divine Judgment and Justice:

"Arise, Lord! Deliver me, my God! Strike all my enemies on the jaw; break the teeth of the wicked" (v.7):

David's plea for God to act against his enemies speaks to the Old Testament view of divine justice. God is not indifferent to evil or oppression but actively intervenes to protect His chosen one and to uphold righteousness. This verse contains strong judicial language where God, as the divine warrior and judge, confronts wickedness.

Theologically, this demonstrates God's role as a righteous judge who punishes evil and delivers His people from oppression. The psalm points to the belief that God's justice will prevail, and that He will bring ultimate restoration.

Salvation and Blessing (God's Sovereign Grace):

"From the Lord comes deliverance. May Your blessing be on Your people" (v.8):

The psalm concludes with an acknowledgment that salvation and deliverance come from God alone, which is central to the theological message of both the Old and New Testaments. Salvation is portrayed as a divine act of grace that is not earned but granted by God's sovereign will.

This verse reflects the covenantal theology of the Old Testament, where God's blessing is not only for individuals (David in this case) but for the entire community of God's people. It points to the communal aspect of salvation, where the wellbeing of the individual is connected to the broader community of faith.

Spiritual Influence and Application:

Encouragement in Times of Crisis:

Psalm 3 has long served as a source of spiritual comfort for believers facing personal, emotional, or spiritual crises. David's prayer is a model of how to turn to God in the face of overwhelming adversity, trusting in His ability to protect and deliver. The psalm encourages believers to place their confidence in God, knowing that He is a refuge in times of trouble.

The Power of Prayer and Communion with God:

The spiritual influence of Psalm 3 lies in its emphasis on prayer as an effective means of connecting with God. David's cry for help and his immediate confidence that God will answer is a model for believers to bring their fears, anxieties, and needs before God with the assurance that He listens and responds.

Faith and Rest in God's Protection:

David's ability to "lie down and sleep" in verse 5 reflects a deep spiritual truth: faith in God's protection allows for inner peace, even in chaotic circumstances. This has influenced Christian spirituality in terms of cultivating a trust in God that brings about peace, rest, and resilience.

Hope in God's Deliverance:

The psalm has inspired hope for generations by asserting that deliverance comes from God. Whether facing personal struggles, spiritual warfare, or external enemies, the message is clear: God is the ultimate source of rescue and redemption. This has shaped spiritual practices that focus on trusting God in the face of trials and expecting divine intervention.

Communal Blessing and the People of God:

David's prayer ends with a desire for God's blessing upon His people, reflecting a spiritual principle that goes beyond individual prayer. The psalm encourages believers to pray not only for personal deliverance but also for the blessing and welfare of the larger faith community, reminding them that they are part of a collective body that shares in God's grace.

Christological Foreshadowing:

Many Christian theologians have seen Psalm 3 as a foreshadowing of the life and ministry of Jesus Christ. Just as David was surrounded by enemies, mocked, and seemed forsaken, Jesus also faced betrayal, rejection, and suffering at the hands of his adversaries. David's cry for deliverance and his confidence in God's salvation prefigures the ultimate deliverance that comes through Christ's death and resurrection. In this sense, Psalm 3 takes on a messianic dimension, pointing to Christ as the ultimate example of trust in God's deliverance from death and enemies.

In summary, Psalm 3 holds significant theological and spiritual value by emphasizing God's protective care, the importance of faith in adversity, the power of prayer, and the assurance of divine justice and salvation. It encourages believers to trust in God's sovereignty, to find peace in His presence, and to maintain hope in His deliverance.

