

Finding God in the Struggles of Life

Psalm 3

We are living in spiritually dark days. Today's culture rejects anything God commands. Godly Christians feel like aliens, besieged by an army of adversaries. Where can you turn? Psalm 3 is David's private prayer-song from the depths of personal grief. Let's embrace it this morning.

- 'In the presence of my enemies...' (1-2)
- 'You, O Lord, are a shield around me...' (3-4)
- 'The Lord sustains me; I will not fear...' (5-6)
- 'Salvation belongs to the Lord!' (7-8)



1. In *The Problem of Pain*, C.S. Lewis wrote, "We can ignore even pleasure. But pain insists upon being attended to. God whispers to us in our pleasures, speaks in our conscience, but shouts in our pains: it is his megaphone to rouse a deaf world." Like so many of the psalms, Psalm 3 is rooted in a time of deep anguish in David's life. The superscript of the psalm reads, "A Psalm of David, when he fled from Absalom his son." The historical account of this event begins in 2 Samuel 15. As you read, ask yourself: How must David have felt as his own son rebelled and the people turned against him? Have you ever felt this way?
2. In Psalm 3.1-2, the relationship between increasing spiritual attack and doubts about God's deliverance is expressed. David's enemies asserted that God didn't care for him any more. Satan wants us to think that today, too. What are some ways he creates doubt and erodes our trust in God?
3. In verses 3-4, David's focus moves from trials he is facing to God! He cries out to God, and God answers. Have you *cried out to God* lately? The attacks of Satan and ungodly people get us down. God is a 'shield' around us; how does that correlate to Eph. 6.16? God 'lifts up' our heads; what does that mean when we are 'down'?
4. Verses 5-6 reveal how David's focus on the Lord impacted him. His grief and fear has turned to peace of mind. Have you ever been anxious about something and unable to sleep, then 'turned it over to the Lord' and slept soundly? Read Psalms 23.4 and 27.3. For a real-life illustration of v6, read 2 Kings 6.8-23.
5. The reference to the wicked being 'struck on the cheek or jaw' and having their teeth broken in v7 is graphic. In Absalom's rebellion, it alludes to David's complete victory. Metaphorically, it may refer to those who verbally attack those who are godly. See Prov. 30.14. What is clear in vv7-8 is David's confidence in God to save him in his trials, and bless His people. Can you give instances in your life (or the lives of others) when God saved and blessed you?