

Summer in the Psalms

Lesson Three • Psalm 3

When Life Falls Apart

The Context of Psalm 3:

David wrote this psalm when he FLED for his life from his son Absalom.
2Samuel 15-18

When Life Falls Apart:

There is always HOPE when God is on your side.

What then shall we say to these things? If God is for us, who can be against us? Romans 8:31

When Life Falls Apart:

1. Admit Your TROUBLES to the Lord!

*LORD, how they have increased who trouble me! Many are they who rise up against me.
Many are they who say of me, "There is no help for him in God." Psalm 3:1-2*

The Troubles David Told the Lord:

- David told the Lord what his enemies were DOING.
- David told the Lord what his enemies were SAYING.

2. Affirm Your CONFIDENCE in the Lord!

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

Why? Because of Who the Lord Is:

- The Lord is our PROTECTING God.
- The Lord is our SUFFICIENT God.
- The Lord is our RESTORING God.

Why? Because of What the Lord Has Done:

- The Lord HEARS our cries.
- The Lord SUSTAINS our lives.
- The Lord CALMS our fears.

3. Anticipate Your DELIVERANCE from the Lord!

*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. Salvation belongs to the LORD.
Your blessing is upon Your people. Psalm 3:7-8*

When Enemies Rise Up Against You:

Will you seek REVENGE or leave vengeance in God's hands?

*Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written,
"Vengeance is mine, I will repay, says the Lord." Romans 12:19 ESV*

"Salvation Belongs to the Lord!"

PRAY for deliverance and then PRAISE God for His deliverance.

*If God is for us, who can be against us? Who shall separated us from the love of Christ?
Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? Yet in
all these things we are more than conquerors through Him who loved us. Romans 8:31, 35, 37*