Well here we are – Today we are going to talk about trusting and praying - I have started an inductive study of the Bible – Psalms is where I chose to start – with the Psalms and prayer in mind the personal prayer of Psalm 3 – is what is often referred to as a lament – many Psalms are considered laments – by definition is a song or poem of mourning or sorrow - not just over death of someone but of the breakdown of a relationship – which is where we often find David in the Old Testament. To get the context of Psalm 3 we have to go back to 2 Samuel 15:12-17 – David has fled from his son Absalom – you would think it unusual for someone to have to flee from one of their sons - David had several wives and concubines there are nineteen (19) sons listed in I Chronicles 3:1-9 not counting sons of concubines and don’t forget Tamar – Absalom and Tamar were full brother and sister but Amnon was a step brother and he had violated Tamar and Absalom hated Amnon as stated in 2 Samuel 13:22 – it took two years before the plan for revenge was staged – Absalom invited all the king’s sons and King David – David declined but Absalom urged his father to let Amnon go with them – to the sheepsheering festival where Absalom had devised a plan to kill Amnon – David was told all of his sons had died but as rumors sometimes are inflated it turns out although still horrible Amnon was the only dead son and David mourned him and longed to see Absalom as well who had now fled the area – In 2 Samuel 14 Absalom returns to Jerusalem, where he was revered for his good looks and has a family living and he is there for two years but never sees his father, King David. Joab a servant was employed to try to reconcile David and Absalom, it finally happened in 2 Samuel 14:23 but it had little meaning because during this time Absalom provides for himself – helped himself to chariots, horses and fifty men who ran before him and announced him. Absalom was becoming quite an attraction in Jerusalem and his following kept increasing – to the point that David had to flee from Jerusalem – flee from Absalom and during this time is when the Psalm 3 was written – if you want to know the rest of the story you will need to read 2 Samuel chapters13-19.

 We are now going to go to Psalm 3 and see how David deals with this treason of his son Absalom - this is one of the few psalm titles that deals with a specific incident in the life of David – in the first two verses we see David outlining for God what is happening – My adversaries – those who are with his son Absalom – against him but not only those but also many of his own people were turning against him – his “advisors” were telling him that there is no deliverance no help for him in God – how discouraging can that be! In the next two verses we see the word BUT – here is the contrast - the change - – we see how the first two verses are a downer, a discouragement BUT changes the tone of the psalm from one of discouragement and dejection to one of confidence – confidence in the Lord – But you, O Lord are – A shield - about me – my glory – is referring not to the personal glory of David but of the glory and honor that believing in God and having a relationship with God brings. God is the one who lifts my head – he would receive encouragement from God himself – David confesses that he was crying or had cried to the Lord with his voice – what happened? God answered David from His holy mountain – from heaven – His dwelling place or perhaps David’s heart where God dwelled.

 We know what all David is going through with death of Amnon, the treason and rising up of Absalom against him and the people of Israel, including David’s closest advisors either leaving him altogether or at least ill advising him about how God would treat him – He cries out to the Lord, prays to Him – what happens in verse 5 – I lay down and slept – this is major – If you are a worrier, things bother you - like me or at least how they used to bother me – when things are a mess in our lives or the lives of our loved ones and we can lie down and sleep this is a major accomplishment – this was accomplished for David and can be for us if we put our trust in God and cry out to Him – I heard this next statement I am going to say on KTIG radio one day -if we are fussing we are not trusting – when we fall into the trap of worry and are fussing about something or someone then we are not trusting God to take care of what we have given Him – we really have not given it to God if we are still fussing – we must learn to give it to God and lay down and sleep – Then David says - I awoke – I don’t know about you but I don’t think about not waking up but for David not being in a safe place – not waking up must have been a concern but he awoke and gave God the credit for sustaining him.

Verse 6 continues with the confidence that God gave David – I will not be afraid of ten thousands of people who have set themselves against me – God as his protector – he has no reason to fear – same with us if we have set God as our protector we too need not fear.

 For the Lord to arise is a call to the Lord to move on our behalf – David did this and He moved – David says to the Lord - Save me – rescue me from my adversaries – David goes on to list the ways God has saved Him – You meaning God has smitten my enemies on the cheek, You have shattered the teeth of the wicked – enemies are powerful beasts of destruction – but God strikes at the source of their strength and they are no longer a threat.

 Salvation here refers to be delivered from the immediate pressure that is the context of the Psalm the danger of Absalom and his followers – or as one Hebrew words translated as salvation is “room to breathe” – then notice the last line – the shift is from the personal to the community – many Psalms have this pattern – the experience of the individual becomes the pattern for the community.

Let’s make an outline of what is happening in this Psalm –

Verses 1 & 2 - David’s adversaries – enemies - those against him have done what? Increased

What are these adversaries doing – rising up against him. Many say – God won’t help. Discouraging.

Verses 3&4 – BUT what does David point out that the Lord is his **SHIELD**, His **GLORY**, **Lifts his head** – God himself gives David the encouragement to go on.

Verses 4&5 – What does David do – Cries to the Lord with His voice – PRAYS

 What does God do – HE **answer**s him from His Holy Mountain – **from heaven.**

 What is the effect on David – He could lie down and sleep – He slept – and woke up because He knew that the Lord would **sustain** him.

Verses 6 & 7 – David has confidence – He will not be afraid of however many people who are surrounding and against him –

 What does David do – He calls on the Lord for action – **Arise** and **save** him.

 David sites what has happened in the past – God has **smitten** his **enemies** on the cheek – **shattered the teeth** of the enemy - taking away the source of strength from the wicked or enemy.

Verse 8 - **Salvation** – deliverance from **the immediate danger** belongs to the Lord. **Blessings** upon the **community** – Your People.

So what does this have to do with us – Not only can we pray but we must pray - not only as a community but as individuals call out to the Lord as David did so many times in Psalms with almost the same criteria as this Psalm – We need to tell the Lord what is the problem – so many times we don’t go to the Lord because we feel that He already knows what is wrong so why bore Him or that we can’t tell the Lord anything He doesn’t already know – this is not the attitude of the prayers in the psalms – in Psalm 3 as in many others teach us to share all our thoughts and feelings with the Lord – openly and honestly – David tells God about his enemies how they are increasing and how many of his closest friends are becoming his foes – saying things like “There is no deliverance or of no help” what kind of friend would say something like that? Why would we cry out to the Lord, the same reasons that David did –He knew that the Lord would answer from His holy mountain – heaven – we know we can get comfort, we can sleep and will be sustained and wake up – we can come right out and say to the Lord - Arise – in essence do something – save me – we all have testimonies of times when we have been delivered from our enemies – which are all different - Once we have called or cried to the Lord with a problem or need – let HIM take the burden from us – be able to lie down and sleep – don’t fuss but trust the Lord to handle the problem – most of the time when we stew the most - in the end we have the least to worry about. So give it to God – and save all the trouble of worry. PRAY!

Benediction: This is a verse of the hymn If Thou But Suffer God to Guide Thee by Georg Neumark (1621-1681)

Sing, pray, and swerve not from His ways,
But do thine own part faithfully;
Trust His rich promises of grace,
So shall they be fulfilled in thee;
God never yet forsook at need,
The souls that trust in Him indeed.

Let us pray and do our part faithfully as we go and serve Him.