

LESSONS FROM PSALMS THREE

Scripture: Psalms 3:1-8

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Introduction:

- A. David wrote this Psalm while fleeing from his son, Absalom. He was an old man who had seen many troublesome times. He had also witnessed God's hand at work bringing him through to victory.
- B. David's testimony in word and example can be most helpful in encouraging God's people in any generation.

I. LEARN THAT NONE OF GOD'S PEOPLE ARE IMMUNE TO TROUBLE AND SORROW.

- A. Like David, some trouble may result from:
 - 1. Personal sin
 - 2. Wrong decisions in life
 - 3. Pure rebellion.
- B. Some trouble may come for no other reason but we live in a trouble filled world in trouble prone bodies.
- C. Whatever the cause ...trouble will surely come to us all.

II. LEARN FROM DAVID HOW BEST TO DEAL WITH TROUBLE.

- A. vs. 1 & 2 Talk to God about your trouble.
 - 1. Address Him personally. Call Him , "Lord."
 - 2. Talk to Him about your trouble just as you might talk with an earthly friend.
 - 3. Be specific:
 - a. Name the trouble.
 - b. Name the person causing the trouble.
 - 4. Talk about the seemingly hopelessness of your finding a solution.
 - a. "Lord, They tell me that even YOU can't help me!"
 - b. "Lord, I don't believe them. I know that YOU can and will help me."
- B. v.3 Tell the Lord how you rely on Him:
 - 1. To be your shield...your protector...defender...strength
 - 2. To be your glory...Thou art my glory...I glory in Thee.
 - 3. To be the Lifter up of my head.. my sustainer—my only hope...Thou shalt raise my head high. DAVID'S head was bowed low, BUT the LORD would lift it.
- C. v.4 Cry out to the Lord with confidence that He will hear.
- D. vs. 5,6 Demonstrate your confidence in the Lord.
 - 1. Lie down
 - 2. Go to sleep
 - 3. Wake up and tell the Lord that you know He has sustained you ...has protected you.
 - 4. v.6 Tell the Lord you are not afraid of what men can do to you.
 - 5. v.7 Ask the Lord to save you out of your present trouble.
- E. v.8 Acknowledge that salvation belongs to the Lord.
All deliverance comes from the Lord ...His is the victory.
- F. v.8 Confess that all blessings come from the Lord.

TRoubles will come....BUT OUR GOD IS GREATER THAN ANY TROUBLE THAT MAY COME OUR WAY. HE MAY NOT DELIVER US FROM THE TROUBLE, BUT HE WILL MAKE IT POSSIBLE FOR US TO COME THROUGH WITH VICTORY AND BLESSINGS.