

A Survey of the Psalms - 1

Psalm 3

The Troubled Man

Focus Verse: **Psalm 150:6**Lesson Verse: **Psalm 3:8****I. Introduction to the Book of Psalms**

- A. The Book of Psalms in the Old Testament is God's answer to the headaches and heartaches of life. Without it the Bible would not be complete - as a matter of fact, next to the Gospels, Psalms is probably the most read part of the Bible because of the reality and the promises found there!
- B. We have learned about the Blessed man, and then the Heathen Man!
- C. This week we turn to the Troubled Man! We will visit this same theme over and over in the Book of Psalms, because it is a fact of life.
- D. What is great about this Bible though is, it not only shows us the feelings we are experiencing, but also the way through all the jungle of emotions

II. Psalm 3- "The Troubled Man"**A. Background**

1. Note the words above verse 1, "A Psalm of David, when he fled from Absalom his son."
2. Referring to events recorded in 2 Samuel 16,16
3. David is having a very bad month.
 - a) The results of his sin with Bathsheba are still haunting him years later
 - b) Everyone was seemingly turning against him – even his own son, Absalom
 - c) David has had to flee his own kingdom
 - d) David has to figure out how he is going to get through. He has been here before (Cf 1Sam 30:6)!
4. Every Christian has enemies. Some on purpose, some not on purpose. But more importantly, Christians have made some very bad enemies of the principalities and powers – and those are the ones to prepare yourself for!
5. David is overwhelmed by them, and turns to PRAYER! Amen!

B. Some Great Principles about Troubles (Ps 3:1,2):

1. Troubles are bad when people are involved
 - a) When it's your car, or no electricity in your house that is troubling you, that is bad
 - b) But not as bad as when your friends or your family turn against you, and your enemies mount up!
2. Troubles often "increase", and get more severe – not the other way around!
3. You may not be wrestling against flesh and blood (Eph 6:12), but your enemies do - YOURS!
4. The general consensus is that the Christian's God is on vacation in those times – at least it seems like it
5. The word *Selah* means, stop and ponder what was just written – it is like a rest in a song. Learn from what you are experiencing!

C. The Christian's Response to Troubles (Ps 3:3-8)

1. Remind yourself who God is for you
 - a) He is your shield – your defence, your castle
 - b) He is your honour and glory – not your own abilities, or wisdom
 - c) He is your encourager – He lifts up your head from discouragement and defeat
 - 1) Turn to Him and call upon Him for joy
 - 2) Look unto the Lord of heaven for encouragement
 - (a) Doing God's will
 - (b) Trusting in Him
 - (c) Believing His promises
 - (d) Wrestling against sin and temptation
 - (e) Well, you might as well let that encourage you!
2. Return to the work of Prayer (3:4)
 - a) Crying to the Lord
 - b) Vocal crying, not silent prayer
 - c) Tell God how you feel, and what's on your heart – all your worries and cares!
 - d) Discovering that God hears you – all the way from heaven
 - e) Here is that *Selah* again, so stop and think about THAT!
3. Rest in the Lord's Army – God is an Army of ONE
 - a) Don't let anything bother you enough to rob you of any sleep (Ps 121:1,2)

- b) Believe that the Lord will “sustain” you – holds you together, and will supply all your needs for each day (Mt 5; Philp 2)
 - c) Let **THE LORD** protect – even against 10,000 enemies – it’s HIS job! He is on duty!
4. Remember all of God’s faithfulness in the past (3:7,8)
- a) The Lord has always been there for me
 - b) The Lord has always defeated each of my enemies – the ones I have left to Him
 - c) Salvation/Deliverance comes only from God – best place to turn

III. Conclusions, and Study Questions about the Troubled Man

- A. What are you going to do when YOU are having a run of “very bad luck” so-to-speak? Maybe the results of some sin in your life like David
- B. What are you going to do when your enemies mount up – especially principalities and powers?
- 1. Remind yourself who God is for you
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 - b) He is your honour and glory – not your own abilities, or wisdom
 - c) He is your encourager – He lifts up your head from discouragement and defeat
 - 2. Return to the work of Prayer (3:4)
 - 3. Rest in the Lord’s Army – God is an Army of ONE. Let **THE LORD** protect – even against 10,000 enemies!
 - 4. Remember God’s faithfulness in the past (3:7)
 - a) The Lord has always been there for me
 - b) The Lord has always defeated each of my enemies – the ones I have left to Him
 - c) Salvation/Deliverance comes only from God – best place to turn
- C. Challenge: Have a GREAT week for a change in spite of troubles!!!