

Studies in the Psalms
Psalm 3 – Faith Under Attack

HISTORICAL BACKGROUND: 'A Psalm of David when he fled from Absalom his son.' – 2 Samuel 15:1-14... 2 Samuel 12:9-12 ...

THE THEME: (v.8) *Salvation belongs to the LORD*

PURPOSE: to strengthen our confidence in God when our faith is under attack...

OUTLINE:

Verses 1-2 – David's COMPLAINT – 1 Peter 5:6-9

Verse 3 – David's CONFESSION – 1 Samuel 17:37... 1 Chronicles 16:11-12

Verses 4,7 – David's CRY – Psalm 6:8-9... 77:1-2

Verses 5-6, 8 – David's Confidence – Psalm 23:4... 27:1-3, 13-14... Proverbs 3:5-7

 **LESSONS to Learn in the Middle of Our Trouble...**

1st – The Lesson of BELIEVING CONFESSION (v.2)

Dr. Martyn Lloyd-Jones – *‘The main trouble in this whole matter of spiritual depression in a sense is this, that we allow our self to talk to us instead of talking to our self... Have you realized that most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself? Take those thoughts that come to you the moment you wake up in the morning. You have not originated them but they are talking to you, they bring back the problems of yesterday, etc. Somebody is talking. Who is talking to you? Your self is talking to you... The main art in the matter of spiritual living is to know how to handle yourself. You have to take yourself in hand, you have to address yourself, preach to yourself, question yourself... You must go on to remind yourself of God, Who God is, and what God is and what God has done, and what God has pledged Himself to do. Then having done that, end on this great note: defy yourself, and defy other people, and defy the devil and the whole world... That is the essence of the treatment in a nutshell.’ – **Spiritual Depression: Its Causes and Cure***

Dee Brestin – *‘When my husband (Steve) got cancer, I felt the real threat was that he could die — and I cried out to God that he would live. So did Steve. One day after church Steve said: “I’ve had a change in perspective. The greatest threat is not death but backing away from God in the midst of suffering. That is what the enemy wants, so now, I want you to pray I will win that fight.” Though Steve did die, he glorified God to the end. After Steve died, the enemy then came to me, hissing, “You deserve this. You are an idiot. Let me remind you of your failures.” He would have done me in except for the truth of the cross. The enemy wants to give us anxiety, anxiety about God’s love and redemption. Though I have failed, I also know Christ took that at the cross.’ – <http://deebrestin.com/>*

2nd – The Lesson of REAL PRAYER

Paul Tripp – *‘Prayer yanks you out of your delusions of self-sufficiency and reminds you of how deeply needy you really are. Prayer reminds you that you will never be what you need to be and do what you are called to do without Divine rescue and restoration. Prayer humbles you, and as it does, it makes you more patient and more understanding...’ – *What Did You Expect* (p.261)*

Dr. Ralph Davis – *‘Prayer is the way we slog our way through troubles’*

Martyn Lloyd-Jones – *‘When a man is speaking to God he is at his very acme (peak). It is the highest activity of the human soul, and therefore it is at the same time the ultimate test of man’s true spiritual condition. There is nothing that tells the truth about us as Christian people so much as our prayer life. Everything we do in the Christian life is easier than prayer.’ – *Sermon on The Mount* (vol.2, p.46)*

C. Simeon – *‘We have not to awaken Him by our cries, or to prevail upon Him by our pleadings, as though He were of Himself either inattentive to us, or adverse to undertake our cause. It is not for this end that our prayers and tears are required; but for the impressing of our own minds, that all our help must come from Him...yea, His eyes run to and fro throughout the whole earth, to find out objects, as it were, who feel their need of Him... His whole heart and His whole soul are engaged for us...’ – *Expository Outlines* (vol.4, p.115)*