

*THE
BOOK
OF
PSALMS*

Psalm 3

A Psalm of David when he fled from Absalom his son.

1 LORD, how they have increased who trouble me!
Many *are* they who rise up against me.

2 Many *are* they who say of me,
“*There is no help for him in God.*”

Selah

3 But You, O LORD, *are* a shield for me,
My glory and the One who lifts up my head.

4 I cried to the LORD with my voice,
And He heard me from His holy hill.

Selah

5 I lay down and slept;
I awoke, for the LORD sustained me.

6 I will not be afraid of ten thousands of people
Who have set *themselves* against me all around.

7 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.

8 Salvation *belongs* to the LORD.
Your blessing *is* upon Your people.

Selah

Outline of the Study of Psalm 3

I. Introduction

II. Background

III. Connection between Psalms 3 and 4

IV. Structure of the Psalm

V. Exposition and Application

Introduction

Title:

Spurgeon – With regard to the authority of the TITLES, it becomes us to speak with diffidence, considering the very opposite opinions which have been offered upon this subject by scholars of equal excellence. In the present day it is too much the custom to slight or omit them altogether, as though added, nobody knows when or by whom, and as, in many instances, inconsistent with the subject-matter of the Psalm itself: while Augustine, Theodoret, and various other early writers of the Christian church, regard them as a part of the inspired text; and the Jews still continue to make them a part of their chant, and their rabbins to comment upon them.

Psalm 3 is the first Psalm with a title:

“A Psalm of David when he fled from Absalom his son.”

The word ”Psalm” in this title is “mismore” in Hebrew and means a poem set to music or simply a song. The Hebrew word “Psalms” in the title for the Book of Psalms is “tehillim” and means “praises.

Structure

Psalm 3 consists of four stanzas of two verses each:

- I. Cry of fear and distress – vv. 1-2
- II. Declaration of the reason for hope – vv. 3-4
- III. Testimony of God giving comfort and courage in the face of life-threatening trouble – vv. 5-6
- IV. Cry for salvation and a declaration that only God can save, and that He does save and bless His people –
vv. 7-8

Exposition

I. Cry of fear and distress – vv. 1-2

“LORD, how they have increased who trouble me!
Many *are* they who rise up against me.” v. 1

“Many *are* they who say of me,
‘*There is* no help for him in God.’” v. 2

Application:

Verse 1 describes our reactions to many events or circumstances in our lives that produce fear, distress, anxiety, stress, anger, and confusion.

Examples?

Verse 2 describes the most horrible feeling we might experience – that God will not help us, because of some past or even present sin in our lives.

II. Declaration of the reason for hope – vv. 3-4

“But You, O LORD, *are* a shield for me,
My glory and the One who lifts up my head.” v. 3

“I cried to the LORD with my voice,
And He heard me from His holy hill.” v.4

Application:

We must learn to apply God's promise to Abram to ourselves. (Genesis 15:1; Romans 15:4)

In face of trouble, difficulties, fears, and stress, we must remember what God has done for us and trust that God will again hear us and help us.

III. Testimony of God giving comfort and courage in the face of life-threatening trouble – vv. 5-6

“I lay down and slept;
I awoke, for the LORD sustained me.” v. 5

“I will not be afraid of ten thousands of people
Who have set *themselves* against me all around.”
v. 6

Application:

God promises to give us peace in all circumstance.

- Philippians 4:6-7

No matter what trouble, grief, failure, heartbreak, or fear we encounter in life, we can be certain that God has not forgotten us.

- Romans 8:28, 31-39

**IV. Cry for salvation and a declaration
that only God can save and that He
does save and bless His people. Vv.
7-8**

“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.” v. 7

“Salvation *belongs* to the LORD.
Your blessing *is* upon Your people.” v.8

Application: We must always remind ourselves that God saves sinners, that he causes all things to work together for our good, and that His blessing is always upon us, His people. Zephaniah 3:17; Psalm 91

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