

Psalm 3

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

LORD, how are they increased that trouble me! many are they that rise up against me. 2 Many there be which say of my soul, There is no help for him in God. Selah. 3 But thou, O LORD, art a shield for me; my glory, and the lifter up of mine head. 4 I cried unto the LORD with my voice, and he heard me out of his holy hill. Selah. 5 I laid me down and slept; I awaked; for the LORD sustained me. 6 I will not be afraid of ten thousands of people, that have set themselves against me round about. 7 Arise, O LORD; save me, O my God: for thou hast smitten all mine enemies upon the cheek bone; thou hast broken the teeth of the ungodly. 8 Salvation belongeth unto the LORD: thy blessing is upon thy people. Selah.

Introduction notes:

1. Psalm 3 begins with a divinely inspired historical superscript.
2. The background to this Psalm is Absalom's insurrection (2 Sam. 15).
3. This Psalm was written the first morning after his flight beyond the brook Kidron.

Outline:

- I. David's Trial (vv.1-2)
- II. David's Trust (vv.3-4)
- III. David's Triumph (vv.5-8)

Observations:

1. King David dealt with family heartbreak and political unrest at the same time (2 Sam. 16:6-8).
2. David's trouble began when he committed multiple sins against Uriah and Bathsheba. (2 Sam. 11). Sin is always followed by sorrow.
3. David's enemies were discouraging him from God's truth.
4. David moved his thoughts from His difficulties to His Deliverer (v.3). He thought about three of God's attributes:
 - A. The LORD is a shield. (Ps. 28:7)
 - B. The LORD is his glory. (1 Kings 8:11)
 - C. The LORD is the lifter up of his head. (2 Sam. 14:25-33)
5. David prayed (v.4) and God heard him.
6. Selah – to extol, to pause, to think about it.
7. David exercised trust in God's ongoing protection. (v.5)
8. David's prayer request: deliverance. "save me."
9. David had a personal relationship with God. He called Him: "My God" (v.7).
10. David used the O.T. Scripture truths:
 - A. David appealed to the Seed Promise of Christ bruising the serpent's head (Gen. 3:15).
 - B. David mentioned a truth in v. 8 that will be echoed later by Jonah (Jon. 2:9).
 - C. David acknowledged that God's people are blessed (Gen. 12:1-3).

Lesson: In times of great need and distress God will always deliver His people (Ps. 34:19).

Psalm 4

1 To the chief Musician on Neginoth, A Psalm of David.

Hear me when I call, O God of my righteousness: thou hast enlarged me when I was in distress; have mercy upon me, and hear my prayer. 2 O ye sons of men, how long will ye turn my glory into shame? how long will ye love vanity, and seek after leasing? Selah. 3 But know that the LORD hath set apart him that is godly for himself: the LORD will hear when I call unto him. 4 Stand in awe, and sin not: commune with your own heart upon your bed, and be still. Selah. 5 Offer the sacrifices of righteousness, and put your trust in the LORD. 6 There be many that say, Who will shew us any good? LORD, lift thou up the light of thy countenance upon us. 7 Thou hast put gladness in my heart, more than in the time that their corn and their wine increased. 8 I will both lay me down in peace, and sleep: for thou, LORD, only makest me dwell in safety.

Introduction notes:

1. If Psalm 3 is the Morning Psalm, this Psalm pairs with it as the Evening Psalm. (vv. 4, & 8).
2. “Neginoth” – instrumental music played with stringed instrument.
3. David continues to reflect upon the LORD as he anticipates another night (second night) of restful sleep.

Outline:

- I. Salvation (vv.1-2)
- II. Sanctification (vv.3-4)
- III. Sacrifice (v.5)
- IV. Song (v.6-7)
- V. Security (v.8)

Observations:

1. David wrote this Psalm with a desire to use this in public worship as a testimony of God’s deliverance when He will restore him as king.
2. David prayer requests:
 - A. Hear me when I call – answer me.
 - B. Have mercy upon me – bend or stoop in kindness towards me.
 - C. Hear my prayer – listen to me, discern me.
3. God has enlarged David – given him room or space in time of difficulty.
4. David prayed from himself, and then prayed for his enemies and urged them to trust in the LORD. (vv.2-5)
5. David’s prayer requests for others (even his enemies):
 - A. Know the LORD. (v.3)
 - B. Stand in awe (of the LORD). (v.4)
 - C. Sin not (against the LORD). (v.4)
 - D. Commune (with heart to the LORD).
 - E. Be still (v.4)
 - F. Offer the sacrifices of righteousness. (v.5)
 - G. Put your trust in the LORD. (v.5)
6. (v.6) David sought the LORD’s countenance (similar to Num. 6:24-26) – blessings and direction. As the people fretted the king prayed.
7. (v.7) Obedience and surrender to God brings gladness of heart – even in adverse situations.
8. David anticipated another night of restful sleep just like the night before (Ps. 3:5).

Lesson: Trusting in the LORD, includes surrender to Him, and that results in gladness of heart, and the resting of the soul in the Lord.