

Psalm 3: David troubled and seeks God's help when he fled from Absalom his son. The events are recorded in 2 Samuel 15-18.

1. (1-2) What those who troubled David did.

Many of his previous friends and associates forsook him and joined those who troubled him. Those who said this thought that God was unable to help David. Shimei was an example of someone who said that God was against David and he was just getting what he deserved.

2 Samuel 16:8 - *"The LORD has brought upon you all the blood of the house of Saul, in whose place you have reigned; and the LORD has delivered the kingdom into the hand of Absalom your son. So now you are caught in your own evil, because you are a bloodthirsty man!"*

"If all the trials which come from heaven, all the temptations which ascend from hell, and all the crosses which arise from the earth, could be mixed and pressed together, they would not make a trial so terrible as that which is contained in this verse. It is the most bitter of all afflictions to be led to fear that there is no help for us in God." (Spurgeon)

2. (3-4) What God did for David in the midst of trouble.

Though many said there was no help for him in God, David knew that God was his **protection**. No one could lower David's confidence in God. David needed a **shield**. He knew that God was his shield. This wasn't a prayer asking God to fulfil this; this is a strong declaration of fact: **You, O LORD, are a shield for me.**

Though Absalom took over Jerusalem, David knew that it wasn't Absalom enthroned on God's **holy hill**. The LORD Himself still held that ground and would hear and help David from **His holy hill**.

1. (5-6) God blesses David.

David used both of these as evidence of God's blessing. Sleep was a blessing, because David was under such intense pressure from the circumstances of Absalom's rebellion that sleep might be impossible, but he **slept**. Waking was another blessing because many wondered if David would live to see a new day.

2. (7-8) David blesses God.

David's mind was both on what he trusted God to do (**Save me, O my God**) and on what God had done (**struck all my enemies...broken the teeth of the ungodly**). Knowing what God had done gives David confidence in what the LORD would do.

Psalm 4: David pours out his complaint against slanderous enemies and finds peace and refuge in God.

1. (1) David talks to God.

David knew that his righteousness came from God, and not from himself. He calls upon the God who makes him righteous. In a familiar pattern, David uses past mercy as a ground for future help.

2. (2-3) David talks to men.

David asks a valid question. Just **how long** will the ungodly keep to their way? They can't keep to it forever, so they may as well abandon it *now* and be blessed.

David knew that he and other godly people were set apart for God. There are many reasons why we set things apart. The ungodly have a disaster waiting for them, but the **godly** have a great reward in the LORD. This is why David knows **the LORD will hear when I call to Him**.

1. (4-5) David calms himself before the Lord.

With the ungodliness around him, David had reason to **be angry** but he had no reason to **sin**. He reminds himself to not sin in his anger, and to find solace in meditation before the LORD.

Ephesians 4:26 - "Be angry, and do not sin" do not let the sun go down on your wrath...

David speaks of the Christian practice of meditation, not the eastern practice of meditation. In Christian meditation we *fill* our heart and mind with God's word. In eastern meditation the idea is to *empty* the heart and mind, leaving it open for deceiving spirits. David knew the value worship and **trust in the Lord**.

2. (6-8) David receives blessing from God.

After continual disappointment from man, one begins to doubt if God **will show us any good**.

Numbers 6:24-26 - The LORD bless you and keep you; the LORD make His face shine upon you, and be gracious to you; the LORD lift up His countenance upon you, and give you peace.

When we know that the face of God shines favourably on us, it puts **gladness** in the heart. Though David was in distress, vexed by ungodly men all around he could still have **gladness** in his heart, because the LORD put it there.