

## Psalm 3

### ☐ Monday - Cast All Your Cares Upon Him.

Psalm 3:1

The occasion in which Psalm 3 was written is told to us here, “A Psalm of David, when he fled from Absalom his son.” Second Samuel, chapters 15-17 records the sad story of David’s flight from his own palace in the dead of the night to escape his son Absalom’s conspiracy to kill him and assume the throne. Sitting down, perhaps on the Mount of Olives (2 Sam. 15:30), David writes this Psalm, “O Lord, how my adversaries have increased! Many are rising up against me” (Psalm 3:1). Elsewhere we read that “the conspiracy was strong; for the people increased continually with Absalom” (2 Sam. 15:12). O how David’s heart was shattered, for perhaps nothing on this earth can so completely break a father’s heart than a son’s rejection (Prov. 10:1, 17:25). But see how David lays his sorrows before the Lord. Dear Christian, you do not serve a man-made god that has no power to help or to save (Jer. 10:3-5). You serve the Living God, who is merciful and compassionate, and a very present help in times of trouble (Psa. 46:1). Today, “cast all of your anxiety on Him, because He cares for you” (1 Pet. 5:7).

Read Psalm 55:22

### ☐ Tuesday - Faith in the God Who is Our Shield.

Psalm 3:3

While the apostle Paul was imprisoned in Rome and the praetorian (palace) guards took turns standing watch over him, the apostle who had been appointed to preach the gospel to the Gentiles (1 Tim. 2:7) took this opportunity to share the gospel with his captors, so that “the cause of Christ became well known throughout the whole praetorian guard” (Phil. 1:13). And during his imprisonment, Paul must have had his Roman captor’s apparel in mind as he wrote Ephesians 6, likening each piece of armor to the Christian’s defenses. But when he writes, “Take up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one” (Eph. 6:16), what does he mean? It is not faith by itself that is a shield, for faith without an object is faith in nothing. No rather, it is faith in the God who is our shield that is the Christian’s confidence. Here David declares, “But You, O Lord, are a shield about me...” (Psa. 3:3).

Read Psalm 5:12, 18:30

### ☐ Wednesday - The Lifter of My Head.

Psalm 3:3

When you are discouraged what do you do, and when you are depressed who do you talk to? David had learned to bring all of his discouragement and depression to God, for only there could he find real relief: “You, O Lord, are ... the One who lifts my head” (Psa. 3:3). Dear child of God, Jesus is called a “Wonderful Counselor” (Isa. 9:6), because He is the greatest psychologist who ever lived and His Word, the Bible, is the best psychology manual ever written.

Read Psalm 42:5

### ☐ Thursday - The Best Cure For Insomnia.

Psalm 3:5

David writes, “I lay down and slept; I awoke, for the Lord sustains me” (Psa. 3:5). How do you sleep when your enemies are searching for you and your own son wants you dead? That was David’s situation (2 Sam. 15-17), nevertheless the Lord granted him sleep. I don’t think David slept simply because he was physically and emotionally exhausted. There have been times that I have felt that way, but anxious thoughts still kept me awake. No, David slept that night because his eyes were fixed on God. He may have drenched his bed in tears (Psa. 6:6), but his sadness and fear eventually gave way to faith. For me, talking to God is the only cure for insomnia.

Read Isaiah 26:3

### ☐ Friday - The Fear of the Lord.

Psalm 3:6

David writes, “I will not be afraid of ten thousands of people who have set themselves against me round about” (Psa. 3:6). Lesser fears are usually forgotten in the face of something that is even more fearful, and for the child of God a wholesome fear of the Lord will eclipse every other fear. Christian, fear God and you will have no fear of man.

Read Psalm 56:11; Ecclesiastes 8:12; Isaiah 8:12-13