



DISCIPLE

Desire Determination Discipline Diligence Delight Doer

Course: A Survey of the Bible: Genesis to Revelation

Lesson: 21_3g - **PSALMS**

Passage: Psalms 3

Disciples Meditate (Psalm 1:1-3)

★ **MEDITATION TAKES TIME and EFFORT!**

MEDITATION #7 on Psalm 3

Trust in the LORD with all your heart, and lean not on your own understanding. In all your ways acknowledge Him, and He shall direct your paths.

(Proverbs 3:5-6)

MEDITATE

**AN INTIMATE RELATION IS NECESSARY TO BE
ABLE TO PRAY IN THIS MANNER!**

(Proverbs 15:8, 29 [1 Peter 3:12]; Psalm 34:15-17; 66:18-19; 145:18-19)

Getting Into the Text

LORD (Psalm 3:1)

★ Six times David uses the name YAHWEH!

Where Is Your God? (Psalm 3:2)



SELAH! (v. 2)

- Be still, be quiet, meditate, contemplate, tremble!

BUT YOU, O LORD (Psalm 3:3)

- Again, David uses the name “YAHWEH (LORD)” when addressing his God. David has learned that he can TRUST YAHWEH.
- READ Psalm 41 to get an idea of what David was feeling.
- READ Psalm 35 - connect v. 3 with Psalm 3:2. Again, David’s trust is in the his LORD.
- READ Psalm 22:1-3, 4-9, 10-19.

I Cried to the LORD (Psalm 3:4)

- “I cried” - David uses the IMPERFECT MOOD indicating this is something he did continually. (See Psalm 86:3-4; 91:1-5)
 - Listen to the cries of JESUS - Psalm 22:2-5; Hebrews 5:7
- “with my voice” - not “in my heart” or “in my thoughts” - the phrase adds strength to verb “to cry” or “to call”
- “He heard Me” - when can we know that God hears our prayers?
 - ★ 1 John 5:14-15
 - ★ See Psalm 34:4-6
 - ★ 1 John 3:22
- IN CONTRAST: When will God NOT hear us! - see Psalm 66:17-19
- “from His holy hill” the Temple Mount in Jerusalem!
 - **REMEMBER SOLOMON’s PRAYER:** 1 Kings 8:22-53.
 - Consider David’s Prayer: Daniel 6:10.

SELAH! (v. 4)

- Be still, be quiet, meditate, contemplate, tremble!

He Sustained Me (Psalm 3:5)

- “I lay down and slept” - **MEDITATE!**
 - ★ Perfect peace comes to those who MIND is STAYED/FIXED/STEADFAST on the LORD (Yahweh) and TRUSTING (“to hide in refuge”) in Him. (Isaiah 26:3-4)
 - (v. 4) “Trust in the LORD” - (imperative verb) - forever!
 - To whom must you command to trust?
 - To whom must you command to trust forever?
 - (v. 4) “For YAH, the LORD, is *everlasting strength*. (Literally, “The LORD is the ROCK of AGES.”) - **connect this to the verb “to trust”.**

→ This was the text for great hymn *“Rock of Ages”*.

Rock of Ages, cleft for me,
let me hide myself in thee;
let the water and the blood,
from thy wounded side which flowed,
be of sin the double cure;
save from wrath and make me pure.

Not the labors of my hands
can fulfill thy law's demands;
could my zeal no respite know,
could my tears forever flow,
all for sin could not atone;
thou must save, and thou alone.

Nothing in my hand I bring,
simply to the cross I cling;
naked, come to thee for dress;
helpless, look to thee for grace;
foul, I to the fountain fly;
wash me, Savior, or I die.

While I draw this fleeting breath,
when mine eyes shall close in death,
when I soar to worlds unknown,
see thee on thy judgment throne,
Rock of Ages, cleft for me,
let me hide myself in thee.

(Rock of Ages, Augustus Toplady, 1776)

- JESUS asleep in the midst of severe storm. (Matthew 8:23-27)
- Peter asleep in prison. (Acts 12:5-7)
- “I will both lie down in peace, and sleep; for You alone, O LORD, make me dwell in safety.” (Psalm 4:8)
- “I awoke, for the LORD sustained me” - life is a gift from God. God, and God alone, will whether or not we live or die TODAY! (James 4:13-16) - **READ 2 Samuel 15:25-26 and Acts 17:24-25.**

Fear Not (Psalm 3:6)

- **ONLY THOSE WHO ARE IN AN INTIMATE RELATIONSHIP WALKING WITH GOD CAN NOT BE AFRAID!!**
- (v. 6) "I will not be afraid of ten thousands of people who set themselves against me all around."
 - ★ READ Psalm 27:1-3; Psalm 46:2
 - ★ **DESPITE APPEARANCES DAVID WILL TRUTH!**
- MEDITATE: (Genesis 42:36) "All these things are against me."
- Believing and doing Psalm 23.
- READ the Lord GOD's promise to Abraham! (Genesis 15:1-7)

Arise, O LORD (Psalm 3:7)

- It is like David is saying, "Arise, O LORD, save me, even me, of whom they say there is no help from him in God."
- David looks back at what the LORD had done for him in the past!
 - ★ David could remember his victories over the lion, the bear, Goliath, the Philistines, and Saul!

Salvation Belongs to the LORD (Psalm 3:8)

- See Jonah 2:9. Get into THIS text.
- "Salvation belongs to the LORD • (full stop)"
- This is a line that goes through the Word of God. (Psalm 27:39-40; Proverb 21:31; Isaiah 43:11; 45:21-22; Jeremiah 3:23; Hosea 13:4; Acts 4:12; Revelation 7:10; 19:1)

His Blessing Are Upon His People (Psalm 3:8)

- **HIS SPECIAL PEOPLE!** (Psalm 29:11; Ephesians 1:3-4)
- The LORD watches over "the apple of His eye!" (Deut 32:10; Psalm 17:8; Zechariah 2:8)

