

# Psalm 3

A psalm of David. When he fled from his son Absalom.<sup>1</sup>

<sup>1</sup> Lord, how many are my foes!

How many rise up against me!

<sup>2</sup> Many are saying of me,

“God will not deliver him.”

<sup>3</sup> But you, Lord, are a shield<sup>2</sup> around me,  
my glory, the One who lifts my head high.

<sup>4</sup> I call out to the Lord, and he answers me  
from his holy mountain.

<sup>5</sup> I lie down and sleep; I wake again,  
because the Lord sustains me.

<sup>6</sup> I will not fear though tens of thousands<sup>3</sup>  
assail me on every side.

<sup>7</sup> Arise, Lord! Deliver me, my God!

Strike all my enemies on the jaw<sup>4</sup>;

break the teeth of the wicked.<sup>5</sup>

<sup>8</sup> From the Lord comes deliverance.

May your blessing be on your people.

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<sup>1</sup> David fled for his life from Jerusalem due to Absalom's coup d'état (2 Samuel 15).

<sup>2</sup> A common metaphor for God's protection (7:10; 18:2, 30; 28:7)

<sup>3</sup> The Heb. word for people ('am) is left untranslated; probably because it's a given, but sometimes it denotes military troops.

<sup>4</sup> An expression of disgrace or scorn (see Lam. 3:30; Job 16:10)

<sup>5</sup> Evidently the enemies are pictured as vicious animals (see Psalm 58:6) meaning the breaking of teeth is metaphorical for “render them powerless.”

## OT Foreshadows (types) of Christ

firstborn  
Temple  
prophet  
curtain  
rock  
ransom  
priest  
vine  
Tabernacle  
bronzeserpent  
paschallamb  
redheifer  
shepherd  
Jacobsladder  
manna  
king  
Lord redeemer  
Israel  
bread  
scapegoat  
bridegroom  
light  
sonofGod

# How to Face the Day

## Psalm 3

- A morning Psalm - “Mondayitis”
- How to read a Psalm of David?
  - o hear King David's voice
  - o hear Christ's voice
  - o hear your own voice, as someone in Christ

### 1. “LORD, how many are my foes!” (vv. 1-2)

- Christ faced many foes
- those in Christ face many foes

### 2. “But you, LORD...” (vv. 3-4)

- Christ looked to the LORD
- those in Christ are to look to the LORD

### 3. “I will not fear...” (vv. 5-6)

- Christ was not afraid
- those in Christ need not be afraid

### 4. “Arise, LORD!” (vv. 7-8)

- Christ was saved
- those in Christ will be saved



## Starter Questions:

1. Can you relate to the “Monday morning feeling”?
2. How does hearing the voice of Jesus in this Psalm help you?
3. How might it be instructive for you that when David couldn't face the day, he *wrote* about it, and the people of God *sang* about it?
4. In what ways might you suppose God has protected you when you were totally unaware? Do you have a “close shave” story (like Shirley Dobson) when God protected you?
5. If not a glory cloud, when have you experienced a glory moment when you felt God's palpable presence in your time of trouble?
6. How have you incorporated righteous vindication into your prayer life?
7. To feel blessed is to feel happy because of God's approval: that said, how blessed are you and why?