

Finding Refuge

Psalm 3

Historical Context: 2 Samuel 15:10-17

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

Poetical Layout

- 1) 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.

Outline

- I. David's trial (v. 1-2)
 - A. The plurality of his enemies
 - B. The poison of his enemies
- II. David's trust (v. 3-4)
 - A. The peace from God
 - B. The plea to God
- III. David's triumph (v. 5-8)
 - A. The remembrance of God's deliverance (v. 5-6)
 - B. The reminder of God's blessing (v. 7-8)

Meditation Guide

1. How does David's response to his enemies in Psalm 3 challenge our own attitudes towards those who oppose us?
2. What does it mean to "lie down and sleep" in the context of Psalm 3, and how can we apply this concept to our own lives?
3. In what ways can we relate to David's feelings of distress and the need for God's help in our own circumstances?
4. How does the language of salvation and deliverance in this psalm resonate with our understanding of God's redemptive work in our lives?
5. What does it mean to have God as our "shield" and the "lifter of our head," and how does this impact our outlook on life's challenges?
6. How can we maintain a posture of trust and confidence in God, even when surrounded by adversity?
7. How does David's declaration of God's blessings and victory over his enemies inspire us to trust in God's sovereignty and power?