

“Rest in Unexpected Circumstance!”

Psalm 3

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Welcome

Sometimes life doesn't work out as we are expecting!

Many times in my life, Erin and I and our family have experienced this truth. I'm sure you have experienced it too!

About 11 years ago, my wife and I took a trip to Southeast Asia to visit our family who were missionaries there. On the way, we had this wonderful, grand plan to have a romantic day in Paris.

But things didn't go as expected.

We arrived at the airport in high hopes only to discover that our flight had been canceled. But this was only a small problem. We were able to catch a later flight.

We flew all night to Paris and didn't sleep at all. We arrived early the next morning groggy with jetlag and we went to the baggage claim and waited and waited and waited and waited.

Here we were in Paris ready for a romantic day with not so much as a toothbrush!!!

This changed our whole day. Instead of going to see sites, we had to look for a drug store and a clothing store.

When we found one, we paid \$16 for some deodorant and \$250 for a casual dress and some shorts for me.

Then we found a sidewalk café' where our waiter made fun of us for being Americans!

We did see arc de triumphe and norte dame.

While we were there, we saw that Eiffel tower and asked someone how long it would take us to walk there. They said about 10 minutes. After about 45 minutes of walking, the Eiffel Tower wasn't getting any bigger.

Erin was pregnant with Brody and had nausea, we were tired from lack of sleep, we were stressed from lack of clothes and basic hygiene items, we were hot, and so we decided to head back to our hotel room and try to get some sleep!

This was not the romantic day we had expected!!!

Life is like that sometimes, life throws unexpected circumstances at us and we don't always know what to do!

What should we do in unexpected circumstances?

In Psalm 3, we see David's response to unexpected circumstances.

David was on the run.

His Son Absalom had raised an army and was planning to take the throne by force.

David escaped just in time, but was still shocked by betrayal.

He was shocked that someone he loved so dearly would turn on him. He was shocked because his life was changing.

Amidst those circumstances, David wrote Psalm 3. And unique thing that we see in this Psalm is that right in the middle, David laid down and he went to sleep. He rested.

**MIM:** Friends, we can learn a lot together from David today. But the biggest thing I want you to learn is to rest!!!

Look with me at Psalm 3.

**READ Psalm 3**

Psalm 3 is considered a **lament**. A Psalm of Lament is basically a song in which the authors pours out their suffering to God. This is David's lament, His cry to God in the face of unexpected trials.

But there is also a **royal element to this Psalm**. This is Psalm is about a particular event and a particular response by the King David. Psalm 2 is a **royal Psalm!**

This is important because we see here that the King has a unique **relationship with God**. God was like a father to David and He was like a son (see Psalm 2:7, Psalm 2 and 3 are related).

Here in our text we see David taking advantage of this unique relationship.

- Because of this father-son relationship, he could **rest** knowing that Salvation Belongs to all of God's people!
- Because of this father-son relationship, he could rest because he knew that God hears His prayers.
- Because of this father-son relationship, he could **rest** because he knew that God would sustain Him.

Church, believers, I want you to know that through your faith in Christ, you can have **this same kind of unique father-son relationship with God**.

John 1:12, "**12 But to all who did receive Him, He gave them the right to be children of God, to those who believe in His name,**"

In Christ, you have been made a daughter of God and Son of God!!! You to have the same unique relationship with God that King David did.

**In our text today, we are going to see how our unique relationship with God can lead us to rest in unexpected trials/**

- 1) When You Face Unexpected Trouble, You Can Rest Because Salvation Is For God's People (1-2; 8)!

- a. **Can you think of any unexpected trouble that you have fallen into?**
- b. Well, our text today begins by telling us the unexpected trouble that David fell into.
- c. It starts with an original title.
- d. If you will notice, just before you see verse one, there is a phrase in italics in your Bible, it says, “**A Psalm of David when he fled from his son Absalom.**”
- e. This is the title of the psalm. It was either written by David himself or by the inspired editor who collected the psalms.
- f. And it tells us what was going on during when the psalm was written, “**David was fleeing for his life from Jerusalem from his son Absalom.**”
- g. You know, I can’t think of anything more painful than having your **child turn on you**.
- h. Maybe having your **spouse** turn on you, that may be more difficult.
- i. But there is a very short list of things more unexpected and more painful than what David was going through!
- j. **How does David respond to this unexpected trouble?**
- k. And the first thing we see David doing is telling his troubles to God!!!
- l. He knows he is **not alone in** his troubles!
- m. He knows that God **cares!**
- n. He knows that there is a God in heaven **listening** so he falls down with his problems.
- o. Look down at verse 1 and 2.
- p. **1 Lord, how my foes increase!**
- q. **There are many who attack me.**
- r. **2 Many say about me,**
- s. **“There is no help for him in God.”**
- t. Look with me at verse 1, that very first word “**LORD.**”
- u. If you have a modern Bible, you will notice that it is in **all caps!!!**

- v. Whenever, you are reading the OT and you see the word LORD in all caps, it is a translation of the divine name, “YHWH.”
- w. YHWH was the name for God that was revealed to Moses. It was a name given to the people of Israel.
- x. By its use here, **David is recognizing that he is speaking to the God of the convenient.** He is recognizing that he has this unique and special relationship with God.
- y. It would be like a young child saying, “papa” or “daddy.”
- z. **Illustration:** A few years ago, our son Brody was playing fall baseball and he was pitching maybe the last game of the year. He was 8.
  - aa. They were playing against one of the better teams and if they won it would assure them of first place.
  - bb. Well, the first inning was a **disaster**. He got two outs quickly because of a double play, But He gave up a couple of hits. He hit two batters.
  - cc. **And the bases were loaded.**
  - dd. I looked out and could see, he was stressed out.
  - ee. So I walked to the mound, he had tears forming in the corners of his eyes. And he was breathing hard and panicking.
  - ff. So I got down and looked him in the eye and told him to breathe, told him it was going to be ok, told him to slow down. Then I smacked him on the belly which always seems to help kids calm down.
  - gg. And then walked back to the dugout.
  - hh. He went out there and struck out the next batter. Got out of the inning. I think he ended up pitching 2 more innings and giving up no runs!
  - ii. **I didn't say anything much, but sometimes you just need to have a pep talk with your dad when you are in trouble!**
  - jj. Here, David being overwhelmed with trouble looked up and called out to His father, saying “papa, Dad, YHWH, my covenantal God.”
  - kk. Notice the **three** things he said:

- i. How my **foes** increase! The world is against me!
  - ii. There are many who **attack** me! They are attacking my character, trying to harm me!
  - iii. And 3<sup>rd</sup> (check this out) they were saying **“there is no help for him in God.”**
- ll. Why would they say this about David? The man after God’s own heart?
  - mm. Well, if you go back to 2 Samuel, you will see that just before these events happened in chapter 15, **David had had an affair with Bathsheba** in chapters 11 and 12.
  - nn. What he had done to Bathsheba was really **wrong!**
  - oo. He had **abused his power** and hurt Bathsheba and killed her husband!
  - pp. All that he was going through was part of the **temporal consequences** of that sin!
  - qq. **It brought strain on his life. When you make dumb choices there are side effects!**
  - rr. But the people were adding to this, they were saying, **“David you have done this terrible thing, now God has left you and he will no longer help you..”**
  - ss. But church, you see the subtle lie in that don’t you?
  - tt. Sometimes, there are temporal consequences for sin, but even in our sin God walks with us through those consequences!
  - uu. **Here, because of God’s grace, David could still call out to God and He could trust that God’s Salvation was for Him!**
  - vv. **The temporal consequences of David’s sin were sifted through the fingers of God’s gracious hand!**
  - ww. Look at verse 8.
  - xx. Here David proclaims resolutely, **“Salvation belongs to the Lord.”**
  - yy. Salvation is something that the Lord gives according to His own **measure.**
  - zz. And his is a measure of **grace**
  - aaa. A measure of **love,**

- bbb. A measure of **mercy and compassion!**
- ccc. Who does this salvation belong to?
- ddd. The second part of verse 8, **“your blessing be on your people.”**
- eee. The blessings of salvation **belong not to those who have behaved perfectly**, but to those who have been adopted into the people of God!
- fff. God saves His people!
- ggg. This truth should lead us into rest:
- hhh. God saves His people.
- iii. He protects His people.
- jjj. And even the temporal consequences of sin are softened by God’s grace!
- kkk. **God’s salvation is for His people!**

2) When You Face Unexpected Trouble, You Can Rest Because God Hears Your Cries (3-4; 7)!

- a. Not only does God save His people, but He listens to their cries.
- b. 3 But you, Lord, are a shield around me,**
- c. my glory, and the one who lifts up my head.**
- d. 4 I cry aloud to the Lord,**
- e. and he answers me from his holy mountain. Selah”**
- f. Notice that first word “but.”
- g. Now, I discovered a few weeks ago that it is very difficult to teach 4<sup>th</sup>-6<sup>th</sup> grade girls about grammar.
- h. I was trying to teach them the value of the conjunction “But.”
- i. But they kept thinking about the anatomy of the body.
- j. I am thankful for that word “but!”
  - i. My foes are increasing, but you Lord...
  - ii. They are attacking me, but you Lord...
  - iii. They say God is not with me anymore, but you Lord...
- k. **The people were telling David that God had left him, but David knew that God was His protection, His Shield, and He cried out in prayer!**
- l. **Illustration:**
- m. Have you ever had God answer one of your prayers?

- n. Take a second and close your eyes and think about one prayer that God has answered!
- o. If you are a believer, you have experienced answered prayer.
- p. Remembering those times that God has worked in the past can help you work through your current circumstance knowing God did not abandon you then and He will not now!
- q. Verse 7 tells us some specifics of David's prayer:
- r. He prays two things:
  - i. **"Rise Up"**– Now apparently God is a Falcons fan because David used the phrase "Rise up" to call Him to action.
  - ii. IF we look back, we can see how God answered this prayer to rise up in the past:
    - 1. When **Pharaoh's army arose** against the Israelite's and chased them as they left Egypt, God arose and saved His people by parting the Red Sea!
    - 2. When the **Midianites rose up against Israel oppressed them for 7 years** and destroyed their food supply, God arose and sent Gideon with a small army of 300 men to free God's people from their hand!
    - 3. When the **Philistine's arose against the people of God and sent Goliath out** to taunt the people and cause them to tremble, God arose against them and used the rock of a shepherd boy to fell their enemy!
    - 4. In the book of Acts, when **the Sadducees rose up against Peter and John** for passionately preaching the Good News of salvation in Jesus Christ and threw them in jail, when they continued to preach in jail ,God arose and softened the hearts of the leaders so that they were set free!



5. When the storms rose against the ship that Paul was travelling and crashed it against the beach, God arose and used Paul's wisdom to preserve the life of the crew and in the process soften their hearts toward him.
6. When the **kings of the earth and the rulers of the synagogue raised up against Jesus and crucified him to death**, God raised him up on the 3rd day and he now sits victorious at the right hand of God!

iii. **Church, you can't always rise up to the challenges you face, but if you are a child of God you can count on God rising up if you just ask!!**

iv. "Save me"

1. The rising up of our enemies is not the end.
2. The rising up of obstacles in our path is not the end.
3. God is a God who saves!!!
4. He Saves His people, protects His people!
5. In the rest of verse 7, a picture of the salvation of God:
  - s. This is a picture of a **dog** who is growling and using his teethe as weapons. What good will his teethe be when they are broken?
  - t. Your opposition may seem fierce, they may seem enough to take you down, but God will break their teethe and strip away their power.
  - u. **They cannot do His children any harm!!!**
  - v. **God is a God of salvation for His people, call and ask Him to rise up and save you!**
  - w. He will answer. He will protect!

- x. So far David uses this Psalm to **express His knowledge that God is a God of salvation and that His people can cry to Him for help!**
  - y. This knowledge should lead believer's to rest!
- 3) When You Face Unexpected Trouble, You Can Rest Without Fear Because You Know God Will Sustain You (5-6)!
- a. Look here in verse 5 and 6:
  - b. **5 I lie down and sleep;**
  - c. **I wake again because the Lord sustains me.**
  - d. **6 I will not be afraid of thousands of people**
  - e. **who have taken their stand against me on every side.**
  - f. Have you ever been so stressed about something that you couldn't sleep?
  - g. I think we can all relate to that feeling! I certainly have **had many sleepless nights!**
  - h. But David's night was even **more** stressful, not only was the weight of opposition enough to keep him up, **there was a very real threat that if he went to sleep, he may never wake up!**
  - i. His son Absalom may find him and kill him in his sleep.
  - j. He had so much hurt from betrayal!
  - k. His life was in danger!
  - l. He had lost everything!
  - m. **In the midst of all of this, David lied down and slept, then he woke up.**
  - n. **Those are powerful words**
  - o. I don't know about you, but I read this verse and I long for its fulfillment in my life!! There are so many times I wish I would have just done what David did here in this passage!
  - p. There are many times when **adversaries arose** against me that I wish I could have just rested and left it to God!
  - q. There are many times when I experienced **betrayal** that I wish I could have just rested and left it to God!

- r. There are many times when I **was afraid I might lose it all** that I wish I could have just rested and left it to God!
- s. I can testify to you in truth today **that my life is not better because I did not rest**, my life is worse. My trauma became worse!
- t. Friends, **church it is right to rest knowing God is God and salvation belongs Him!!!**
- u. **Illustration:**
- v. 9 years ago, Miss Betty Russell was sleeping in her home in Mobile, Alabama. She fell asleep on the couch that night.
- w. A thunderstorm came through a tornado struck her house, caved in the south side of her house, and ripped off a portion of her roof including in her bedroom.
- x. While the storm was ragging, the house was collapsing, and the roof was being torn off.
- y. Miss Betty Russell slept safely on her sofa! She didn't wake up until the storms had passed and sirens had arrived!
- z. What a beautiful picture of the rest that we have in God's protection!
- aa. Miss Betty could have been in the back room trying **to hold the roof up as it collapsed**.
- bb. She could have been up feeling **guilty** wondering what she could have done different to keep herself safe.
- cc. She could have sat their **worrying** about what might happen.
- dd. But she didn't know anything was happening, she was asleep. Resting!
- ee. All around us my be storms raging, tearing apart portions of our lives, but all the while we can rest knowing that God is protecting us and bringing us safely home with Him!

Take-a-ways:

As we conclude today, I want to encourage you to rest in 3 ways through unexpected trials

- Don't let fear run your life, rest knowing God is God and He is in control!
- Don't let guilt control you, rest knowing God forgives you!
- Don't keep pushing through the hard, rest (take Sabbath, take respite) knowing that God can work out His will without your puny efforts!