

# Psalm Series Pt 4 From Overwhelmed to Unshaken

*CENTRAL QUESTION:*

*How should a child of God respond when pressure, opposition, and even family betrayal begin to multiply?*

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## I. THE CONTEXT OF PSALM 3: DAVID'S PERSONAL CRISIS

Superscription: *"A Psalm of David, when he fled from Absalom his son"*

Key Realities in David's Situation:

- David is not running from Saul this time – he is fleeing from his own son, Absalom.
- Betrayal from blood: rebellion from within his own household.
- Public humiliation and political overthrow.
- Deep emotional and spiritual pressure – this is personal, not just public.

*Big Idea:*

*Psalm 3 shows us how a child of God should handle overwhelming pressure, especially when it gets close to home.*

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## II. WHEN OPPOSITION MULTIPLIES (VV. 1–2)

Key Scripture: Psalm 3:1–2

"LORD, how are they increased that trouble me! many are they that rise up against me. Many there be which say of my soul, There is no help for him in God. Selah."

### A. THE PRESSURE DESCRIBED

- "They are increased that trouble me" – the problems are multiplying.
- "Many... rise up against me" – opposition is not imagined; it is real and growing.
- Life often moves from one small issue to "everything hitting at once."

### B. THE VOICES THAT FEED FEAR

- People say, "There is no help for him in God."

- The enemy loves to whisper after you leave church, prayer, or worship:
  - “What has God really done for you?”
  - “Is He really helping you?”
- These voices aim to disconnect you from hope in God.

#### C. HONESTY AS PART OF REAL RELATIONSHIP

- David begins in raw honesty about how he feels.
  - He doesn’t deny, minimize, or pretend the problem away.
  - True relationship with God means we can talk to Him like we talk to a father, spouse, or close friend.
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### III. THE TURNING POINT: “BUT THOU, O LORD...” (VV. 3–4)

Key Scripture: Psalm 3:3–4

“But thou, O LORD, art a shield for me; my glory, and the lifter up of mine head. I cried unto the LORD with my voice, and he heard me out of his holy hill. Selah.”

#### A. THE POWER OF “SELAH” – PAUSE BEFORE YOU PANIC

- “Selah” functions here as a pause, a break in the middle of pressure.
- When the voices multiply, David pauses before he panics.
- If we skip the pause, we may miss our turning point with God.

#### B. SHIFTING FOCUS: FROM WHAT “THEY” SAY TO WHO GOD IS

David moves from:

- “How are they increased...” and “many are they...”

to:

- “But thou, O LORD...”

Titles David uses for God:

- “A shield for me” – God doesn’t always remove the battle; He protects you in it.
- “My glory” – Absalom could steal David’s throne, but not the glory God placed on his life.
- “The lifter up of my head” – God counters shame, depression, and heaviness.

#### C. CRYING OUT IN FAITH

- “I cried unto the LORD with my voice” – not a silent, casual prayer, but a desperate cry.
- God heard him “out of his holy hill” – David’s relationship with God is personal and alive.
- Between verses 2 and 3, David remembers how strong his relationship with his “Daddy” really is.

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## IV. RESTING UNDER PRESSURE: SLEEPING IN THE STORM (VV. 5–6)

Key Scripture: Psalm 3:5–6

“I laid me down and slept; I awaked; for the LORD sustained me.

I will not be afraid of ten thousands of people, that have set themselves against me round about.”

### A. THE MIRACLE OF SLEEP IN A CRISIS

- David doesn’t just collapse from exhaustion—he lies down and truly sleeps.
- He wakes up and recognizes: “the LORD sustained me.”
- Peace is not the absence of problems; peace is the presence of trust.

### B. HOW MOST OF US HANDLE PRESSURE

- Anyone can sleep when everything is stable and good.
- The real question: *Can you sleep when the pressure is mounting?*
  - Are you trusting God and resting?
  - Or lying awake, letting the enemy talk in your ear all night?

### C. DECLARING FREEDOM FROM FEAR

- “I will not be afraid of ten thousands of people...”
- First, David acknowledged the many enemies.
- Then, he declared who God is and what God does.
- We acknowledge the problem, but we declare we know the Problem-Solver.

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## V. DECLARING VICTORY BEFORE IT CHANGES (VV. 7–8)

Key Scripture: Psalm 3:7–8

“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.

Salvation belongeth unto the LORD: thy blessing is upon thy people. Selah.”

### A. PRAYER AS DECLARATION, NOT JUST REQUEST

- David cried out: “Arise, O LORD, save me, O my God.”
- He speaks as if the victory is already accomplished:

- Enemies are struck on the cheek.
- The teeth of the ungodly are broken.
- This is less about God needing to answer and more about David remembering what God always does.

#### B. THE WEAPON MAY FORM, BUT IT WILL NOT PROSPER

- David is thankful the weapon was formed because it revealed God’s power to stop it.
- Without the battle, you might never see how God steps in on your behalf.

#### C. IDENTITY IN GOD VS. OPINIONS OF OTHERS

- Family, friends, and enemies may say:
  - “You’re still an addict.”
  - “You’re still broken, garbage, a failure.”
- But God says:
  - “What they call broken, I call put back together.”
  - “What they call garbage, I call a king/queen crowned with glory.”
- Only God has the right to define who you are if you have repented and turned to Him.

#### D. THE CLIMAX: “SALVATION BELONGETH UNTO THE LORD”

- David ends where he should have started: with God’s ownership of the outcome.
- If God owns salvation, then the outcome is not our burden to carry.
- David started the psalm shaky but ended unshaken.

## VI. LIVING PSALM 3 TODAY (PRACTICAL APPLICATION)

### A. FIND YOURSELF “BETWEEN VERSE 2 AND VERSE 3”

- Be honest with God about your pressure and pain.
- Then, pause (Selah) and shift from what “they” say to “But thou, O LORD...”

### B. DAILY PRACTICE UNDER PRESSURE

#### 1. HONEST PRAYER

- Tell God exactly what you’re facing and how you feel.
- Stop hiding your struggles; God already knows and still invites you.

#### 2. PAUSE AND REMEMBER

- When fear, voices, and thoughts multiply, stop and “Selah.”
- Remember past victories: lions, bears, Goliaths God has already brought you through.

### 3. DECLARE WHO GOD IS

- “You are my shield, my glory, and the lifter of my head.”
- Speak God’s promises over your situation, your children, your family, your mind.

### 4. EXPECT GOD TO MOVE

- Restore your expectation:
  - At church, at work, at home, in every conversation.
- Even when you don’t see it, God is still moving, still keeping His promises.

### 5. REST LIKE SOMEONE WHO TRUSTS GOD

- Lay down at night knowing Who holds tomorrow—even if tomorrow doesn’t come.
  - Let your trust in God be stronger than the weight of your situation.
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## KEY TAKEAWAY:

Psalm 3 is a roadmap for moving from overwhelmed to unshaken:

- Be brutally honest about your pressure before God.
- Pause (Selah) in the middle of the noise and shift your focus to who God is.
- Declare that God is your shield, your glory, and the lifter of your head.
- Choose to rest and trust, even when the situation hasn’t changed yet.
- Let faith speak louder than fear until you end where David ends:

**“Salvation belongeth unto the LORD.”**

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## FOR FURTHER REFLECTION:

- Where in your life do you feel “many are they that rise up against me” right now?
  - What would it look like for you to “pause before you panic” and truly Selah this week?
  - In what areas are you letting the voices of people speak louder than the voice of God?
  - What specific declarations about who God is do you need to speak over your situation?
  - Are you resting like someone who trusts God, or replaying fear all night long?
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## SCRIPTURE REFERENCES FOR FURTHER STUDY:

Psalm 3 (focus) | 2 Samuel 15–18 (David & Absalom) | Psalm 4:8 | Isaiah 54:17 | Philippians 4:6–7