

**Psalm 3 — “Counsel for the Terrified, the Suffering, & the Insomniacs”**

“I believe that no one can hurt me without the permission of my Master. In that sense, I'm safe. I'm invincible.” (John Paton).

*Introduction & Background to Psalm 3*

- Ps 1-2 introduction to the Psalter - the *Inspired Hymnbook*.
  - Ps 1 - Wisdom in the WORD - trust in *Scripture* [written word]
  - Ps 2 - Worship of the SON - trust in the *Son!* [Living Word]
- *Ps 3-41 - the Davidic collection* (almost entirely by David)
  - **Title** [superscription] — “Psalm of David; when he fled from Absalom his son.
  - **Post-script** [subscription] - Ps 4 header: “For the Choir Director; on Stringed INstruments”
  - **“Selah”** (3x - after v.2, 4, 8. This was a musical interlude; the vocalists stopped & the music continued. **Think of Selah as a reason to: “PAUSE AND CONSIDER!”**)

**THESIS — Even Godly saints suffer — there can be terror, hardship & struggles. *What Do You Do?***

**I. TELL GOD! (1-2)****II. TRUST GOD! (3-4)**

v.3a - “*But as for you, O LORD, you are...*” — the turning point of the Psalm!

**III. TRIUMPH IN GOD! (5-8)**

v.8 - Salvation belongs to the LORD!

I had my nearest and most intimate times of the presence of my Lord in those dread moments when the gun, club or spear threatened my life. (John Paton)

**ALL GLORY BE TO CHRIST**

Should nothing of our efforts stand, No legacy survive,  
Unless the Lord does raise the house, In vain its builders strive.  
To you who boast tomorrow's gain, Tell me, what is your life?  
A mist, it vanishes at dawn, All glory be to Christ.

*All glory be to Christ our King,  
All glory be to Christ.  
His rule and reign we'll ever sing,  
All glory be to Christ.*

His will be done, His kingdom come, On earth as is above.  
Who is Himself our daily bread, Praise Him the Lord of love.  
Let living waters satisfy the thirsty without price.  
We'll take a cup of kindness yet, All glory be to Christ!

When on the day, the great I Am, the faithful and the true,  
The Lamb who was for sinner's slain, Is making all things new.  
Behold our God shall live with us, And be our steadfast Light,  
And we shall e'er his people be, All glory be to Christ.

**Psalm 3 — "Counsel for the Terrified, the Suffering, & the Insomniacs"****PSALM 3 — *Trinity Psalter****CM [Common Meter: Amazing Grace, How Sweet & Aweful is the Place]*

O LORD, how many are my foes!  
 Against me many rise.  
 They say of me, "He has no help,  
 though he on God relies."

Arise, O LORD, and save me, God!  
 You punish all my foes.  
 You smite the face of wicked men,  
 and break their teeth with blows.

You are my shield and glory, LORD,  
 the lifter of my head.  
 I cried out "LORD! and from his hill  
 his answer to me sped.

Deliv'rance to the LORD belongs,  
 salvation his alone!  
 Your blessing on your people, LORD,  
 forevermore be shown!

I lay down, slept, and woke again;  
 the LORD sustains my life.  
 Tho' thousands round me take their stand,  
 I fear not in the strife.

***Responsive Reading: Philippians 4:4-9***

Phil. 4:4 Rejoice in the Lord always; again I will say, rejoice!

***Phil. 4:5 Let your gentle spirit be known to all men. The Lord is near.***

Phil. 4:6 Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

***Phil. 4:7 And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.***

Phil. 4:8 Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.

***Phil. 4:9 The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.***