

Studies in Psalms

Topic: Strength and Safety in Time of Trouble

Scripture: Psalm 3-4

Memory Verse: Psalm 4:5

Lesson 2

Psalm 3-4

INTRODUCTION: Some of the greatest songs ever written were written during a time when the songwriter was going through the worst trials of his life. Such is the case in Psalm three and Psalm four. King David was on the run from his son Absalom. This rebellious son managed to deceive some of King David's soldiers and convinced them that it was right to overthrow David's rule. (II Samuel 5:6) Even David's good friend and chief advisor, a man named Ahithophel, joined in Absalom's rebellion. (II Samuel 15:31) King David took the troops that were still loyal to him and fled from the city of Jerusalem. As he fled from the city with a broken heart, inspired of God, he began to write the words of these two psalms. Here we find David's **STRENGTH AND SAFETY IN TIME OF TROUBLE**.

I DAVID'S STRENGTH IN TIME OF TROUBLE Psalm 3:1-8

The title of this psalm tells us that it was written during Absalom's rebellion. (II Samuel 15-18)

- A. David cries out to God concerning the multitude of his enemies v 1-2
SELAH (v 2) - "think about that; a rest note in a song" (Selah occurs three times in this psalm - v 2, 4, 8)
David's son, Absalom, had been a shrewd politician who had promised the people many good things which, of course, he would not be able to deliver. The people, however, were swayed by his good looks and charm into believing his lies until finally "*Absalom stole the hearts of the men of Israel.*" (II Samuel 15:6) Much of David's army joined Absalom in his attempt to overthrow King David. As David and his few remaining soldiers fled the city of Jerusalem, an old enemy named Shimei resurfaced and began to curse and throw stones at David. (II Samuel 16:5-13) Everything seemed to be against the King. He was weak and weary and had no place to turn for help in his time of trouble. Absalom had the *numbers* but King David had *God*. (Psalm 20:7; Isaiah 41:10)
- B. David cries out to God for protection against his enemies v 3-4
David knew that there was only one place to go for the help he needed. That one Place was the Lord. He knew that God would hear

his prayer and deliver him out of all his troubles. (Proverbs 3:5-6; Psalm 37:1-7)

- C. David cries out to God for salvation from all his enemies v 5-8
Someone has said: *“He who fears God fears no man.”* David, apparently, knew this truth for though he was weak, weary, and outnumbered, he could lay down and sleep knowing God would deliver him from all his enemies. (II Samuel 16:14; 17:1-2; Psalm 34:4)

II. DAVID’S SAFETY IN THE TIME OF TROUBLE Psalm 4:1-8

This psalm was probably written at the same time as Psalm 3 which was during Absalom’s rebellion.

NEGINOTH - *“smitings”* - a term used to describe stringed instruments (Psalms 6, 54, 67, 76)

- A. David cries out to God in his time of trouble v 1-2
LEASING (v 2) - *“falsehood; deceitfulness”* (Psalm 5:6)
This Psalm was probably written when King David was on the run from Absalom and had crossed the Jordan River to a town called Mahanaim (*“double host”* - II Samuel 17:24) There, God used a wealthy, eighty-year-old man named Barzillai (*“made of iron”*) to feed David and his men in their time of need. (II Samuel 17:27-29; Psalm 86:7)
- B. David stands in *“awe”* of God in his time of trouble v 3-4
AWE (v 4) - *“feeling inspired by something sublime; fear mingled with admiration or reverence”*
When David thought on how small man is compared to the almightiness of God, he could say in his heart *“be still.”* (Psalm 46:10; Exodus 14:13-14)
- C. David rests in the Lord for safety in his time of trouble v 5-8
Apparently, there were some in David’s camp who were looking at the gloomy circumstances and saying *“who will shew us any good?”* (v 6) They wanted to *“see”* rather than believe. David, on the other hand, was not looking at the circumstances but at the Lord and could declare *“Thou hast put gladness in my heart.”* (v 7) Though David was going through troubles, his spirits soared. After all, what had he lost? - a palace, a crown, a kingdom, money - which are all material things. And what did he have left? - GOD! His joy was in GOD and not in GOODS. Goods could come and go but as long as he had God, he had everything. He could depend upon God for *“safety”* (v 8) and could lay down *“in peace and sleep.”* (v 8; Psalm 127:1-2)

TEACHERS' TIP: COURAGE IS FEAR THAT HAS SAID ITS PRAYERS

NEXT MEMORY VERSE: PSALM 6:8