

## PSALMS OF PRAYER AND PRAISE

### Psalm 3: Victory in the Face of Defeat

### Psalm 4: Evening Prayer for Deliverance

#### Psalm 3:1-8 (NASB)

<sup>1</sup>**“O LORD, how my adversaries have increased! Many are rising up against me.**

<sup>2</sup>**Many are saying of my soul, “There is no deliverance for him in God.” Selah.**

<sup>3</sup>**But You, O LORD, are a shield about me, My glory, and the One who lifts my head.**

<sup>4</sup>**I was crying to the LORD with my voice, And He answered me from His holy mountain. Selah.**

<sup>5</sup>**I lay down and slept; I awoke, for the LORD sustains me.**

<sup>6</sup>**I will not be afraid of ten thousands of people Who have set themselves against me round about.**

<sup>7</sup>**Arise, O LORD; save me, O my God! For You have smitten all my enemies on the cheek; You have shattered the teeth of the wicked.**

<sup>8</sup>**Salvation belongs to the LORD; Your blessing *be* upon Your people! Selah.”**

#### Psalm 4:1-8 (NASB)

<sup>1</sup>**“Answer me when I call, O God of my righteousness! You have relieved me in my distress; Be gracious to me and hear my prayer.**

<sup>2</sup>**O sons of men, how long will my honor become a reproach? *How long* will you love what is worthless and aim at deception? Selah.**

<sup>3</sup>**But know that the LORD has set apart the godly man for Himself; The LORD hears when I call to Him.**

<sup>4</sup>**Tremble, and do not sin; Meditate in your heart upon your bed, and be still. Selah.**

<sup>5</sup>**Offer the sacrifices of righteousness, And trust in the LORD.**

<sup>6</sup>**Many are saying, “Who will show us *any* good?” Lift up the light of Your countenance upon us, O LORD!**

<sup>7</sup>**You have put gladness in my heart, More than when their grain and new wine abound.**

<sup>8</sup>**In peace I will both lie down and sleep, For You alone, O LORD, make me to dwell in safety.”**

Psalms 3 & 4 were written by David when he fled from his son Absalom. It is believed that both psalms were composed on the same day, one in the morning and the other in the evening. The words are of one who had often sought and found help from God.

David needed protection and deliverance from his enemies. A nation was against him. Absalom, his own son, was heading the rebellion, and his most trusted counselor had

joined with Absalom. David knew the odds were overwhelmingly against him. He sought help that only God could give.

David's words spell out the dangers: "**O LORD, how my adversaries have increased!**"; "**Many are rising up against me.**"; "**Many are saying of my soul.**" "**Ten thousands of people Who have set themselves against me round about.**" Yet in spite of this, he is not crushed or despondent. There is one Friend who cannot fail him. In Him David has confidence. This lifts him above his circumstances and fears. God's divine protection was a reality. Surrounded by enemies, God was his shield and his glory.

He knew that the Lord that could hear him from "*His holy mountain*" ([verse 4](#)), could still lift up the light of His countenance upon him and put gladness in his heart. Protected by the Lord, he lay down and slept in safety. Enemies may taunt ([verse 2](#)), and friends might fail, but the victory is God's ([verses 7-8](#)).

The **second** and **fourth verses** of [Psalm 3](#) close with the word "**Selah.**" This term is used seventy-three times in the Psalms and three times in the book of Habakkuk. It generally indicates a rest or a pause. It also suggests that the reader reflect on what has been read.

Both psalms contain a phrase about sleeping peacefully ([Psalm 3:5](#) and [Psalm 4:8](#)). What a wonderful picture of God's peace descending on a troubled soul enabling one to sleep even in times of trouble. What wonderful trust on the part of the author to believe that God is in control. Hear God saying, "Rest. Trust me. Worry and sleeplessness will do no good. Believe that I am working on your behalf." [Psalm 121:4 NASB](#) says, "***Behold, He who keeps Israel Will neither slumber nor sleep.***"

There is a great sense of dependence on God's work even when situations do not seem favorable. God does not forget His own. He does not remove Himself in difficult situations. We simply must see with the eyes of faith as the psalmist does. Men say one thing, God often says just the opposite. Our responsibility is to trust, not fret; to do the right thing and depend on God ([Psalm 4:5](#)).

**[Psalm 4:5 \(NASB\)](#)**

**<sup>5</sup>“Offer the sacrifices of righteousness, And trust in the LORD.”**