

Preaching the Psalms Series

(14)

Psalm 3

How to Be Victorious Over Distress and Enemies,

Psalm 3:1-8

Psalm 3:1-8 (NASB)

¹“O LORD, how my adversaries have increased! Many are rising up against me.

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

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

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

⁵I lay down and slept; I awoke, for the LORD sustains me.

⁶I will not be afraid of ten thousands of people Who have set themselves against me round about.

⁷Arise, 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.

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

3. (Psalm 3:7-8) Cry out for God’s deliverance.

Psalm 3:7-8 (NASB)

⁷“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.

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

David’s cry in verse seven is different from his previous cry. This is the cry of confidence rather than of desperation and helplessness. Apparently, God gave David a special sense of His presence and care. Sensing this wonderful truth, David calls out for God’s help.

a. Cry out for personal deliverance and for the defeat of your enemies (v. 7).

Psalm 3:7 (NASB)

⁷“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.”

David’s cry is a response to those who jeered and mocked him, those who proclaimed that God was against him (v. 2). Boldly, David called upon the Lord to *arise* on his behalf, to prove that those who judged and ridiculed him were wrong.

Notice also a contrast to verse one: many rose up against him, but David called only upon One to rise up for him.

Psalm 118:6 (NASB)

⁶“The LORD is for me; I will not fear; What can man do to me?”

David used two common phrases in praying for his enemies' destruction. “Striking the enemy on the cheek—a ‘slap in the face’—was an act of humiliation. David saw the rebellious army as a pack of animals that needed their teeth broken.” He called upon God to make his enemies as powerless as toothless lions ([Psalm 58:6](#)).

Psalm 58:6 (NASB)

⁶“O God, shatter their teeth in their mouth; Break out the fangs of the young lions, O LORD.”

b. Proclaim your faith: That deliverance comes from God ([v. 8](#)).

Psalm 3:8 (NASB)

⁸“Salvation belongs to the LORD; Your blessing *be* upon Your people! Selah.”

The embattled king dared not take credit for the victory that he was sure he would receive. He gave God the glory for His salvation, praising the faithful God Who keeps His covenant, in spite of his (man's) sinful failures. With great confidence he pronounced God's blessing upon his kingdom and its people—the recipients of God's covenant promises. God would show himself strong not only on David's behalf but on behalf of the people He had promised to bless.

Thought 1. David's victory came through...

- taking his distress (burden, trouble) to the Lord and turning to Him for help
- prayer
- unwavering faith in God and His Word

At some point, while David was praying and crying out to God, the Lord gave him peace about the victory. David did not always have this assurance. There was a time when he felt that God might choose not to favor him. In fact, he resigned himself to whatever God determined ([2 Samuel 15:25-26](#)). But in the present psalm he prayed until God answered, and then rested in God's peace.

Sometimes, when we face some problem or trouble, we ask how long we should pray for a solution. We should continue to pray until God answers by giving us His peace ([Philippians 4:6-7](#)). The peace of God is the factor that should rule our hearts and decisions ([Colossians 3:15](#)). When God gives us His peace, we can then proceed with confidence. But until He grants peace, we should continue in fervent prayer.

Luke 22:41-44 (NASB)

⁴¹ “And He withdrew from them about a stone's throw, and He knelt down and *began* to pray,

⁴² saying, “Father, if You are willing, remove this cup from Me; yet not My will, but Yours be done.”

⁴³ Now an angel from heaven appeared to Him, strengthening Him.

⁴⁴ And being in agony He was praying very fervently; and His sweat became like drops of blood, falling down upon the ground.”

Philippians 4:6-7 (NASB)

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

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

Colossians 3:15 (NASB)

¹⁵ “Let the peace of Christ rule in your hearts, to which indeed you were called in one body; and be thankful.”

James 5:16-18 (NASB)

¹⁶ “Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much.

¹⁷ Elijah was a man with a nature like ours, and he prayed earnestly that it would not rain, and it did not rain on the earth for three years and six months.

¹⁸ Then he prayed again, and the sky poured rain and the earth produced its fruit.”