

# Especially for you

from Bonnie Lisech



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Dear Ladies,

O LORD, I have so many enemies; so many are against me.  
So many are saying, "God will never rescue him!" NLT

We only need only to follow "world news" to echo David's words in Psalm 3:1-2. Feelings of helplessness may come over us as we realize we can't change what is happening. Though David's circumstances were much different than ours; we, like David, can embrace the same thinking that allowed him to have complete peace and confidence in God in times of overwhelming turmoil.

Read Psalm 3. Psalm 3 includes the first prayer recorded in the Psalms. Commentators state that Absalom gained favor with the people and led a coup against his father, taking the throne. Though God had forgiven David's sin with Bathsheba, some authors believe his sin caused the people to desert David. David left Jerusalem, fleeing for his life. He knew he was severely outnumbered, and only a few loyal men joined him.

(Verses 1-2) David suffered a deeply personal and national trial—the rebellion of his own son Absalom and the disgraceful uprising of the people in his kingdom. His own son and his own people became his enemies. Instead of being paralyzed with fear and dread, David responded to this severe trial by sharing his troubles with God in prayer.

(Verse 3) David considered God to be like his own personal shield. Just as we know that God will never leave or forsake us (Heb. 13:5), David knew God would not abandon him.

Psa. 3 A psalm of David. When he fled from his son Absalom.

1 O LORD, how many are my foes!  
How many rise up against me!

2 Many are saying of me, "God will not deliver him." Selah

3 But you are a shield around me, O LORD; you bestow glory on me and lift up my head.

4 To the LORD I cry aloud, and he answers me from his holy hill. Selah

5 I lie down and sleep; I wake again, because the LORD sustains me.

6 I will not fear the tens of thousands drawn up against me on every side.

7 Arise, O LORD! Deliver me, O my God! Strike all my enemies on the jaw; break the teeth of the wicked.

8 From the LORD comes deliverance. May your blessing be on your people.



The first mention of God as "shield" in Scripture is found in these comforting words, spoken by God Himself to Abram in Gen. 15:1.

*After this, the word of the LORD came to Abram in a vision: "Do not be afraid, Abram. I am your shield, your very great reward."*

In biblical times, a shield was a means of protection from enemy swords, spears, or arrows. Some shields were small, covering only half the body, and some were large and rectangular, shielding almost all the body. Free standing shields were also used while warriors, protected behind them, drew bows and released their arrows. God used the imagery of a "shield" to convey to believers that He is the true Source of protection.

*My shield is God Most High, who [defends] the upright in heart. (Psa. 7:10)*

The NLT translates verse 3 as, “But you, O LORD, are a shield around me, *my glory, and the one who lifts my head high.*” Even though David felt his life was in ruins, he remembered God’s past faithfulness and believed by faith that God would restore his honor and provide him with courage and peace once again.

(Verse 4) As David cried out to God, knowing the Lord hears and answers prayer, David took his eyes off his circumstances and appealed to God with absolute faith. (Note: The phrase “God answered him from His ‘holy hill’” could refer to the temple in Jerusalem where the ark was located, or it could refer to God’s throne in Heaven.) Perhaps remembering the covenant God made with him in 2 Sam. 7 gave David confidence that God would restore him to the throne.

(Verse 5) When we first started this Psalm, we sensed the deep emotional agony David revealed through his prayer. Now we find in V. 5, a complete peace and confidence in God. David slept undisturbed all night.

The last words in this verse reveal that David knew he could have lost his life that night, but God had faithfully protected him and his men. “This was a sign to him that the Lord was with them and would see them through the crisis.”\*1 Even though he was aware of the vast army that is advancing toward them, his fear was gone.

“Left to his own strength, David would have tossed and turned through sleepless nights, agitated over his troubling circumstances. But because the Lord was his shield, quiet sleep was possible.”\*2

(Verses 7-8) A rested, refreshed David continued his prayer. How encouraging the words must have been to the small army awaiting the enemy! David likened his enemy to wild animals, calling upon God to act on his behalf. (Note: A slap across the face, was humiliating to an enemy.)

On his own, David had no strength to war against so many, but Almighty God could deliver them from their enemies. It is the Lord that brings victory!

David ended this Psalm with a heart of love toward the people who rejected him as king. He held no grudge against the people. Though they were acting in wickedness, he asked God to bless them. No wonder David is said to be “a man after [God’s] own heart...” (Acts 13:22)

“The sovereignty of God is the pillow upon which the child of God rests His head at night, giving perfect peace.”  
Charles H. Spurgeon

Every believer experiences difficult personal trials. In some cases, others may have evil intent, as did David’s enemies. No matter what kind of trial we face, God promises to “[work] for the good of those who love him, who are called according to His purpose” (Rom. 8:28).

David’s strategy for handling trials:  
(Verses 0-2) Assess the situation—PRAY-Share your trial with God.

(Verse 3) Remember who God is and what He has done in the past.

(Verse 4) Share with the Lord your confidence in God’s promise to hear and answer prayer according to His will and timing.

(Verse 5) Rest physically, mentally, and spiritually. God is sovereign!

(Verse 6) Choose by an act of your will (not your emotions) to not be anxious or fearful.

Phil. 4:6 *Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.*

(Verse 7) Pray for those involved in your trial.

1 Cor. 16:14 *Do everything in love.*

(V. 8) Choose to depend on God alone for Victory!

It is interesting that Psalm 4 was written during the same circumstances as Psalm 3. However, it

is written from a calm assurance of God’s sovereignty. In Psalm 4, David revealed his inmost thoughts and directions for his people. What a fitting and encouraging addition.

In His Grace, Bonnie

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