A Good Night's Sleep.

PSALM 3 - PART 10 NOAH LARGENT 11/10/13

Psalm3:5 I lie down and sleep;I wake again, because the Lord sustains me.

Psalm 3

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

1Lord, how many are my foes! How many rise up against me!
2Many are saying of me, "God will not deliver him."
3But you, Lord, are a shield around me, my glory, the One who lifts my head high.
4 I call out to the Lord, and he answers me from his holy mountain.
5I lie down and sleep; I wake again, because the Lord sustains me.
6I will not fear though tens of thousands assail me on every side.
7Arise, O Lord! Rescue me, my God! Slap all my enemies in the face! Shatter the teeth of the wicked! (NLT)
8From the Lord comes deliverance. May your blessing be on your people.

Keep in mind…

*To some degree _____ ____ **PERSONALLY RESPONSIBLE** for the distress he is in.*

*Often times _____ _____ **PERSONALLY RESPONSIBLE** for the distress we find ourselves in.*

Life Lesson:

No matter what the trouble is *-self inflicted or not-* not only is it ok to cry out God, *it makes sense to do it* because He is the best help we have!

This is the first of many "Lament" Psalms. David Howard (Professor of Old Testament at Bethel Seminary) says, "Laments are the psalms where David or the other psalmists are pouring out their hearts to God, being honest about the fact that life, at time, stinks!"

A Good Night's Sleep.

1. No matter what others say, believe God is able to help.

   Psalm3:2 Many are saying of me, "God will not deliver him."

2. Allow God to _____ you.

   Psalm 3:7 Arise, O Lord! Rescue me, my God! Slap all my enemies in the face! Shatter the teeth of the wicked! (NLT)

3. Trust God with the _____.

   2Sam. 15:25 Then the king said… "Take the ark of God back… If I find favor in the Lord's eyes, he will bring me back and let me see it and his dwelling place again. *26But if he says, 'I am not pleased with you,' then I am ready; let him do to me whatever seems good to him."*

4. Keep _____ _____ in mind – not just your own.

   2 Sam. 15:14 Then David said to all his officials who were with him… "Come! We must flee, or none of us will escape from Absalom.

   Psalm 3:8 May your blessing be on your people.

Experience has taught him (David) that God hears and answers prayer. Many times before he had gone to the Lord. It had become the habit pattern of his life… he is confident in the Lords protection and His answer to his petitions, he can go to sleep without fear. The Lord is awake and watching. -Pastor Dean Koontz page 24 "Then Sings My Soul"

Notes: