

Series: Pathway Through Psalms

# I LAID ME DOWN AND SLEPT

## PSALMS 3

Text: Psalms 3:5

### ***Psalm 3:5***

*<sup>5</sup> I laid me down and slept; I awaked; for the LORD sustained me.*

Introduction:

This is a psalm of David fleeing from his own son. Absalom had staged a revolt against his father and many had turned their loyalty against David.

In this psalm, David relates his personal anguish that is brought on by the enemy.

In spite of the adversity, he is still able to call upon the Lord and have a good night's sleep.

Note:

# 1. DAVID'S RESISTANCE WAS HEATED (VS. 1-2)

## **Psalm 3:1-2**

<sup>1</sup> LORD, how are they increased that trouble me! many are they that rise up against me. <sup>2</sup> Many there be which say of my soul, There is no help for him in God. Selah.

Note:

A. The Multiplication of His Enemies – *“how are they increased”*

David recognized that his enemies were growing

We're not told how they were increased – maybe in number, or strength, or dread and terror.

B. The Misery of His Enemies – *“that trouble me”*

The word “trouble” literally means being placed in a very tight circumstance – miserable anguish

C. The Message of His Enemies – *“there is no help for him in God”*

The enemy has always lied to the people of God.

In this portion of the Psalm, David pauses (Selah) and considers what was being said.

He realizes the enemy spoke in lies and there is hope in the Lord.

Note not only “David’s Resistance Was Heated” but also:

## **2. DAVID’S REDEEMER WAS HELPING (VS. 3-4)**

### ***Psalm 3:3-4***

*<sup>3</sup> But thou, O LORD, art a shield for me; my glory, and the lifter up of mine head. <sup>4</sup> I cried unto the LORD with my voice, and he heard me out of his holy hill. Selah.*

Notice

A. David’s Covering – “but thou O Lord are a shield for me”

David acknowledged that the Lord was his shield of protection in life’s greatest battles

David didn’t carry a literal shield in the fight against Goliath – he had the Lord

Note not only David’s Covering but also:

B. David's Comfort – "and the lifter up of mine head"

With the Lord we can keep our heads up.

***Psalm 121:1***

*<sup>1</sup> I will lift up mine eyes unto the hills, from whence cometh my help.*

Note not only David's Covering and Comfort but also:

C. David's Cry – "I cried unto the Lord with my voice, and he heard me out of his holy hill"

Consider the various times in scripture when the Lord's people cried – He always came through for them.

Although David was removed from his palace, and his throne, the Lord was still sitting on His throne in His Holy Hill

David again pauses (Selah) and reflects on tis and knew that help was on the way.

Note not only "David's Resistance Was Heated" and "David's Redeemer Was Helping" but lastly:

### 3. DAVID'S REST WAS HEAVENLY (VS. 5-8)

#### **Psalm 3:5-8**

<sup>5</sup> *I laid me down and slept; I awaked; for the LORD sustained me.* <sup>6</sup> *I will not be afraid of ten thousands of people, that have set themselves against me round about.* <sup>7</sup> *Arise, O LORD; save me, O my God: for thou hast smitten all mine enemies upon the cheek bone; thou hast broken the teeth of the ungodly.* <sup>8</sup> *Salvation belongeth unto the LORD: thy blessing is upon thy people. Selah.*

#### A. The Place He Discovered

He found peace through the night – *“I laid me down and slept; for the Lord sustained me.”*

When he awoke he realized that the Lord had sustained him.

The word sustained means to lay hold or to carry.

He fell asleep in the hands of God

He found peace from his adversaries.

With the Lord he had nothing to fear.

Note not only the Place He Discovered but also:

**Psalm 3:5-8**

<sup>5</sup> I laid me down and slept; I awaked; for the LORD sustained me. <sup>6</sup> I will not be afraid of ten thousands of people, that have set themselves against me round about. <sup>7</sup> Arise, O LORD; save me, O my God: for thou hast smitten all mine enemies upon the cheek bone; thou hast broken the teeth of the ungodly. <sup>8</sup> Salvation belongeth unto the LORD: thy blessing is upon thy people. Selah.

B. The Praise He Declared – *“thou hast smitten all my enemies upon the cheek bone; thou hast broken the teeth of the ungodly. Salvation belongeth unto the Lord”*

David took pleasure in the notion that God had brought him through the night.

Close:

When the battle is hot, and the enemy is raging, the Lord can and will give His children a good night’s rest. He is also able to overcome our enemies and give victory for His name’s sake.

Thank God for the peace He brings to His children.