



## water from rock

### **Selah: Stop, Look, Listen – October 19, 2023**

The Lord be with you.

I do have more good news today. It's good news for anyone whose life might be falling apart, for anyone feeling at their wits end, for anyone, well, who can't see a way ahead.

This good news is from the book of Psalms, from a psalm of David, when it looks like David is not gonna be king any longer, it looks like David's career was coming to an end, and even looks like David's life may be coming to an end. I'm looking at Psalm 3, that in the course of David's storied life. David is coming to as lowest point, the superscription at the top of Psalm 3 tells us as much as it says that this is a Psalm of David when he fled his son, Absalom. Imagine that having to flee from your own son, you can read a tragic back story of Psalm 3 in Second Samuel chapter 15, it's all there as David's son Absalom is spearheading a military coup against his father. So that David is forced to flee for his life, forced to flee from his palace, flee from Jerusalem, the City that David put on the map. David's life is falling apart. He has no plan. He does not know who we can trust, it says in 2 Samuel chapter 15:30 that David is weeping as he goes with his head covered, walking barefoot.

And then David does something that we see David doing again and again. David turns to the Lord. David tells God his troubles. Verse 1, O Lord, how many are my foes? Many are rising up against me, many are saying to me, there was no help for you in God. David's failure as a father coming to the fore. Along with his sin of adultery with Bathsheba, the murder of her husband. So that people are saying, there is no help for David and God, David, you made your bed, you gotta lie in it. It's karma for you, buddy. But David tells God his problems, and he prays, but you, O Lord, but you O Lord. You see, David gets his eyes off of his troubles and he gets them on to God. But you, O Lord, are a shield around me. Notice here that David is shifting his focus from his troubles and there are many. He's shifting his focus from his troubles to the Lord, but you, O Lord, are a shield around me. I pray for you today that you can see that in the midst of whatever troubles you are in, that God is a shield around you, God has your back, enemies might surround you, but God is a shield around you.

David is teaching us to pray to God like this, But you, O Lord, are a shield around me. My glory, He says, You are my glory. This is incredible to me at a time of great shame for David, David



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knows that God is His glory, that God imparts his glory to those who believe and trust in Him. So David can say, but you are Lord, you are a shield around me, you are my glory, and then David adds you are the one who lifts my head. Notice the body language. I think that up to this point, David's head was hanging low, but you O Lord are the one who lifts my head. When David fled

10/19/21 Page 1 of 2

Jerusalem, his head was hanging low, but he turns to God and he prays, and he knows God as the shield around him, he knows God as His glory, and He knows God as the one who lifts David's drooping head.

Now, notice what David prays next. I cry aloud to the Lord and he answers me from his holy hill. I lie down and sleep. I awake again, for the Lord sustains me. You see, no more sleepless nights for David in the midst of troubles, for the Lord sustains David, and the Lord sustains you and me. And I want to suggest that you might consider doing something that I did years ago, I put Psalm 3, Verse 3, on a 3 x 5 card and I carried it with me. I would begin to day with it, at the end, the day with it. Sometimes in in the middle of the night, I would pray it. But you, O Lord, are a shield around me, my glory. And the one who lifts my head. I'm struck what David does next as he turns his thought for himself to others, to all of God's people, so that David closes out Psalm 3 with a benediction. With a blessing on all of God's people.

Deliverance belongs to the Lord. That is, it's God. Who's gonna get us out of this jam. Deliverance belongs to the Lord. May your blessing, Lord, be on your people. So I would speak these inspired words over you today, may the Lord's blessing be on you. May you know God as they shield around you as your glory and the one who lifts your head.

I am Tim Smith, the fellow traveler. Thanks for listening until next time.