



water from rock

## Selah: Stop, Look, Listen – May 19, 2022

The Lord be with you.

Lower than a snakes belly.

That's what my mother used to say when she was feeling really down. Lower than a snakes belly. Do you ever feel that low? In the ups and downs of life, you're feeling really down, maybe even wondering if you'll ever get up...

Well, when I'm feeling really down, there is a psalm that I like to turn to, a psalm that God uses again and again to pick me up, to put me on my feet and get me going. It is Psalm 3. It begins with the psalmist, David, King David, feeling really low. The superscription of the Psalm in which David tells us the setting for his psalm, David tells us the occasion for writing Psalm 3. In the Hebrew text, the superscription is actually a part of the psalm. It is included in the first verse in which David writes a Psalm of David when he fled from his son, Absalom. Now, you can't get much lower than what David is feeling in the Psalm. It is the song of a heart broken father fleeing His own son. You can read the background of this psalm and second Samuel chapter 15, they will give you the sad details when David's son leads a rebellion against his father. I don't think it gets much worse than this. As David was many things, but one thing, David was not, he was not a good father. He had failed his son, Absalom, and it now rises up to bite David, as Absalom leads a rebellion against David, and in Second Samuel chapter 15 verse 6 it says, Absalom stole the hearts of the people of Israel.

So that you go down to verse 12, as word comes to David saying, The Conspiracy grew in strength and the people with Absalom kept increasing, and so things go from bad to worse for David. As it says that, David is driven by Absalom from his throne, from his palace, from Jerusalem and David is on the run for his very life, and people are saying, it's the talk on the streets, people are saying, there is no help from God for David.

Okay, with that in mind, I read the first few verses of Psalm 3. As David well, he lays it all before God, he tells God about it. Oh, Lord, how many are my foes, many are rising against me, many are saying to me, there is no help for you in God, that is probably the most bitter thing that anyone could ever say to David, there was no help for you in God. You've blown it, David, and there was no help for you in God. I don't know if anyone has ever said such a thing to you, but I do know that Satan, the accuser, always says to us when we are in trouble, when we're really down, there is no help for you in God. You really blew it. You weren't a good father to Absalom, you failed. You made your bed now lie in it.



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Well, David knows about his sin of adultery with Bathsheba, knows about his sin of murder against Bathsheba's husband. I mean, David knows about His failures, and that is surely in David's mind as he hears people saying, There is no help for you in God, and that is just what Satan says to you and to me when we're down. There was no help for you in God but David knows, he knows that isn't true, no matter how much David has messed up, he knows that isn't true, because in the next verse, Psalm 3, verse 2, David says, But you, O Lord, are a shield about me, my glory. And the one who lifts up my head.

When you're really down, when you've really blown it, and people might even be saying of you, as they said of David, there is no help for you in God, I hope at that moment that you will say, I hope that you will pray to God these words, But you, Lord, are a shield about me, my glory and the one who lifts up my head. Lord, I know that you were no fair weather, friend, I know that you stick with me through all my ups and downs. You are a shield about me. On all sides, that I'm being attacked you are a shield about me. You've got my back, Lord, I know that. And you are my glory. You are my glory. I'm not feeling very glorious right now, but you are my glory, you're the one I serve, the one who calls me his own, and David says to God, You are the one who lifts up my head.

When someone is feeling really down, really low... I mean, you can see it in their body language. I mean, they hang their head, hang their head and guilt and shame, but not David, even at this point. David says, But you, O Lord, are a shield about me, my glory. And the one who lifts up my head... And then David continues in verse 4, I cry aloud to the Lord, and he answers me from his holy hill.

This Psalm is in our Bibles. David was inspired by the Holy Spirit to write these words for you and me, so that when we're really down, when we feel that there is no help for us in God, they will get a hold of ourselves and we will pray and we will say to God but you, O Lord, are a shield about me, my glory and the one who lifts up my head... It was true for David again and again. And it is true for you and me. Not because of who we are, but because of who God is. God who has said, I will be your God and you will be my people. I will never leave you or forsake you. I hope you take this Psalm with you into your day, but you Lord our shield, about me, my glory, and the one who lit up in my head...

I am Tim Smith, a fellow traveler. Thank you for listening. Until next time.