

# **Psalms for the Soul**

## **Prayer**

*Jim Hoffman*

# ***Our approach.***

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1. ***Psalms that tell us of MERCY. (Psalm 123)***
2. ***Psalms that tell of God's PROTECTION. (Psalm 121)***
3. ***Psalms that tell us of PRAYER. (Psalm 3)***
4. ***Psalms that tell of God's BLESSING. (Psalm 1)***
5. ***Psalms that tell us about LOVE. (Psalm 36)***
6. ***Psalms that tell us God's MAJESTY. (Psalm 97)***
7. ***Psalms that tell us of PEACE. (Psalm 120)***
8. ***Psalms that tell of God's WORD. (Psalm 119)***
9. ***Psalms that tell of the MESSIAH. (Psalm 110)***
10. ***Psalms that tell of WORSHIP. (Psalm 89)***
11. ***Psalms that tell of PRAISE. (Psalm 145)***

## ***Classwork***

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***What do you know about  
prayer?***

## ***Psalm 3***

***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. NIV***

## ***Psalm 3 Background***

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- *David's son Absalom had found favor with the people of Israel due in part at least to his good looks. (what does that say about Israel?)*
- *He also set himself up to be a judge in the land and quickly won the hearts of the people.*
- *However, Absalom had malice in his heart towards his father and successfully overthrew his father as King.*



## ***Psalm 3 Background***

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- *David could have used his power and influence to resist and likely defeat his son, but chose instead to appeal to a higher power.*
- *David was eventually returned to power after the death of Absalom and all of this mess confirms Nathan's prophecy that the sword would never depart from David's house.*
- *David reaped what he sowed when he stole Uriah's wife and had him murdered.*

***Ps 3:1-2***

***O Lord, how many are my foes! How many rise up against me! 2 Many are saying of me, "God will not deliver him." NIV***

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- *David is amazed at how many of his people that he thought loved him, had risen up against him and followed Absalom.*
- *People are very fickle with respect to where their loyalties lie. The larger the crowd, the more fickle they seem.*
- *David had not wronged the people, they just decided that Absalom would be a better ruler and shifted to his team.*

***Ps 3:1-2***

***O Lord, how many are my foes! How many rise up against me! 2 Many are saying of me, "God will not deliver him." NIV***

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- *There is an application to today's church with respect to where the loyalties of the sheep lie.*
- *Too often we are swayed away from a good shepherd for a better sounding one, or a better looking one, or a more entertaining one. Shame on us.*
- *The body of Christ cannot afford to be about who is a better anything .... We need to be about following the Lord's leading and being loyal to the Great Shepherd.*





***Ps 3:1-2***

***O Lord, how many are my foes! How many rise up against me! 2 Many are saying of me, "God will not deliver him." NIV***

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- *There were also those who were taunting David and assuring him that God was through with him and would not answer his calls for help.*
- *When a person is in trouble the last thing they need is for someone to confirm their worst fears.*
- *What could be worse in a time like David was having than to have his God be unresponsive?*

***Ps 3:3***

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

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- *After looking around and listening to all those who said he was hopeless David reminds himself of what he knows about his God.*
- *He is a shield around me; perhaps he was remembering back to his days as a shepherd when he killed a lion and bear.*
- *Or maybe he recounted how God shielded him when he stood up to Goliath.*



***Ps 3:3***

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

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- *He is already beginning to exercise his faith by picturing God standing between he and his enemies as a shield.* 
- *He is also looking forward with confidence to the time when he will be honored again as the king. (the lifter of my head)*
- *When he looked around he felt despair, but when he looked up he found reasons to hope.* 

***Ps 3:4-6***

***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. NIV***

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- *Cry in the Hebrew OT:7121 qara' (kaw-raw'); a primitive root [rather identical with OT:7122 through the idea of accosting a person met]; to call out to (i.e. properly, address by name)*
- *The point here is that this prayer of David's is no casual conversation with someone with whom he is unfamiliar.*
- *He needed no long winded intro before he began to pour out his heart.*



***Ps 3:4-6***

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***Heb 4:14-16***

***Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. 15 For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. 16 Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need. NKJV***

***Ps 3:4-6***

***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. NIV***

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- ***Even as he prays his faith is building in his God who answers prayer.***
- ***He is so confident in his God that he intends to lose no sleep over the trial he is going through.***
- ***It's as though he is saying that just as surely as the sun will come up tomorrow so too will I be standing tomorrow. (if not here then over there)***

***Ps 3:4-6***

***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. NIV***

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- *His confidence is so great that his God will protect him that he begins to speak as though his prayers are already answered.*
- *Is that presumption? Is he naïve'?*
- *I would call this sort of confidence a gift from God. Sometimes we pray in faith and know in our hearts that the answer is coming, and other times we just pray in faith.*



***Ps 3:4-6***

***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. NIV***

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- *When he looked around he could count his enemies (tens of thousands), but that did not shake his faith or his confidence.*
- *He had seen first hand what God could do when he is trusted and even though his enemies were many, they were not too many for God.*
- *The lesson for us is to measure the opposition against our God and not against ourselves.*





***Ps 3:4-6***

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- *Measuring our problems against ourselves makes us fearful, but measuring them against our God makes us hopeful.*
- *The obstacles and opponents that he does not remove he leads us through.*
- *There is something very calming about having a trusted friend at our sides when we hurt, and who better to trust than our God?*



***Ps 3:7-8***

***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. NIV***

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- *Punch my enemies in the mouth! Does that sound like a legitimate spiritual request?*
- *I say it doesn't have to clear some sort or qualifying criteria for it to be a legitimate request. (who gets to set those rules?)*
- *David is showing once again why he was a man after the heart of God. He was willing to be straight up with his prayers and did not filter his language. (small children do not either)*



***Ps 3:7-8***

***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. NIV***

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- *David knows that if he is to be protected and restored as king that it will have to be the work of God because he is not going to fight his son in the courts or the battlefields of Israel.*
- *Sometimes we reach the same point; if our situation is going to change it will have to be the work of God because there is no other way.*

## ***Crying Out to God***

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***If we struggle at all with this it is probably because we simply do not know him well enough.***

***I hesitate to ask acquaintances for any kind of meaningful help, but I can freely ask my family and close friends for anything that I need.***

***When you are close to someone you do not have to build a case to demonstrate a need, or make logical arguments before seeking their help; you just speak.***

## ***Prayer and Protection***

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***Ps 34:6-7 This poor man cried, and the LORD heard him, and saved him out of all his troubles. 7 The angel of the LORD encamps round about them that fear him, and delivers them.***

***NKJV***

## ***Ever been here?***

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***Ps 88:1***

***O LORD God of my salvation, I have cried day and  
night before thee:***

***KJV***

***Ps 130:1***

***Out of the depths have I cried unto thee, O LORD.***

***KJV***

## ***Do you have any trouble?***

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***Ps 50:15***

***And call upon me in the day of trouble: I will deliver thee, and thou shalt glorify me. KJV***

***Ps 86:6-7***

***6 Give ear, O LORD, unto my prayer; and attend to the voice of my supplications.***

***7 In the day of my trouble I will call upon thee: for thou wilt answer me. KJV***

***Do you want to be close to God?***

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***Ps 145:18***

***The LORD is nigh unto all them  
that call upon him, to all that  
call upon him in truth. KJV***



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***What do you think?***