

# Worship Team Expedition Weekly Devotional



## Psalm 3 Devotional

Can you tell God how you *really* feel? Even if it's kind of messy and emotional?

While you ponder that, read this Psalm:

### Psalm 3

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

- 1 Lord, how many are my foes!  
How many rise up against me!
- 2 Many are saying of me,  
“God will not deliver Him.”
- 3 But 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.
- 5 I lie down and sleep;  
I wake again, because the Lord sustains me.
- 6 I will not fear though tens of thousands  
assail me on every side.
- 7 Arise, Lord!  
Deliver me, 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.

Looks like David was pretty honest with God here! Not so pretty at moments (“break the teeth of the wicked!”), but he was genuine, he was *real* with God.

Many of the songs we sing from the Psalms have lyrics about how great and loving God is and how it's fitting for us to respond by singing (even shouting) His praises. But lots of psalms express emotions like frustration, doubt, and fear as well. Some Psalms— like this one— have both praises and anger in the same psalm! Let's look a little more closely...

King David starts off (verses 1-2) by sharing how bad the situation really is. He's been betrayed by his son Absalom who wanted to be king and made a grab for the throne. David's whole world is being shaken; some people want Him dead, his family is in upheaval, he's been pushed out of his home, and he is out wandering the desert trying to figure out what to do. Not a good situation, and he doesn't sugar coat it!

But then the tone totally changes (verses 3-8) as David asserts his confidence in God. Here are just a few things David says about God that leap out to me in this section:

- God protects
- God listens and will answer
- God helps David relax and rest
- God calms fears even in scary circumstances (thousands attacking!)
- God delivers from enemies

That's a lot of good stuff!

So...what's the toughest thing you are facing right now? It might come to mind right away or might take you a moment to think about. If you need a minute to think, take it.

Got that tough thing in your mind?

OK, now take a look through Psalm 3 again and talk to God. Be honest about where you're at, tell Him what's tough or scary or difficult. Be honest! He wants to hear from you and he can take anything you throw at Him. So tell Him what's *really* going on.

As you read through verses 3-8, think about what those verses tell you about God and about the situation you are in. Something that helps me really connect with the meaning is to read the verses aloud. It could help the verses to sink in for you too, so try it– read them aloud, affirming the truth of those words. It may feel a little silly at first, but it can be a powerful way to internalize these scriptures!

Last thing- take a few minutes to read through the questions below and– if you're comfortable– talk through them with a trusted friend or family member.

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What stands out to me in this psalm? What light does it shed on my current situation?

What is one step I can take this week to live out what I learned in this psalm?

Prayer:

Lord, thank you that you're right here with me in the toughest challenges in my life. Help me to keep trusting that, no matter the circumstances around me, you'll come through for me.