

**"THE BOOK OF PSALMS"**  
**Bible Study of Psalm 3 - A Morning Prayer For God's Protection**  
**April 26, 2025**  
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**OBJECTIVES IN STUDYING THIS PSALM**

1. To note how historical events often served as the impetus for the writing of particular psalms
2. To observe the use and possible meaning of the word "Selah"
3. To consider how David trusted in the Lord to deliver him from his enemies

**SUMMARY:** The heading attributes this psalm to David, composed as he was fleeing from his son Absalom (cf. **2Sa 15-18**). It is commonly called "a morning hymn" (cf. v. **5**) in which the psalmist prays for God's protection.

David addresses his complaint to the Lord, how there are many who trouble him (**1-2**). Following his complaint is an expression of comfort received from the Lord in the past. This gives him renewed courage to face his many enemies even though they numbered in the thousands (**3-6**).

As he starts the new day, he yet again calls upon the Lord to save him, even as He has done in the past. His "morning hymn" ends with the acknowledgment of God as the source of salvation and blessing for His people (**7-8**).

**OUTLINE:**

- I. **DAVID'S COMPLAINT (3:1-2)**
  - A. **MANY TROUBLE HIM (1)**
  - B. **MANY RISE UP AGAINST HIM (2)**
  - C. **MANY SAY THERE IS NO HELP FROM GOD FOR HIM (2)**
- II. **DAVID'S COMFORT (3:3-6)**
  - A. **WHAT GOD IS TO HIM (3)**
    1. His shield and glory
    2. The One who lifts his head
  - B. **WHAT GOD HAS DONE FOR HIM (4-6)**
    1. Heard his cry from His holy hill
    2. Sustained him during sleep
    3. Given him courage against ten thousands of men
- III. **DAVID'S CRY (3:7-8)**
  - A. **FOR DELIVERANCE BY GOD (7)**
    1. To arise and save him

2. As God has done in the past
  - a. Having struck his enemies on the cheekbone
  - b. Having broken the teeth of the ungodly

**B. OF PRAISE TO GOD (8)**

1. Salvation belongs to God
2. His blessing is upon His people

**Psalm 3 (NKJV):** <sup>1</sup> LORD, how they have increased who trouble me! Many *are* they who rise up against me. <sup>2</sup> Many *are* they who say of me, "There is no help for him in God." *Selah*

<sup>3</sup> But You, O LORD, *are* a shield (around) for me, My glory and the One who lifts up my head. <sup>4</sup> I cried to the LORD with my voice, And He heard me from His holy hill. *Selah*

<sup>5</sup> I lay down and slept; I awoke, for the LORD sustained me. <sup>6</sup> I will not be afraid of ten thousands of people Who have set *themselves* against me all around.

<sup>7</sup> Arise, O LORD; Save me, O my God! For You have struck all my enemies on the cheekbone; You have broken the teeth of the ungodly. <sup>8</sup> Salvation *belongs* to the LORD. Your blessing *is* upon Your people. *Selah*

**REVIEW QUESTIONS FOR PSALM 3**

1. What are the main points of this psalm?
2. Who is the author of this psalm, and what occasion led to its composition?
3. What was David's complaint? (1)
4. What were people saying about David? Who in particular said such things? (2)
5. What is the meaning of the word "Selah"? (2)
6. How did David view God? (3)
7. What did David do, and what was God's response? (4)
8. What was David able to do because of God's sustaining him? (5)
9. What else did God make possible for David? (6)
10. For what does David pray? (7)
11. What had God done for David in the past? (7)
12. What does David attribute to the Lord? (8)

