

# LORD, Lift Up My Head

## Psalm 3 *A psalm of David. When he fled from his son Absalom.*

- 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. *Selah*

## David's Dark Calamity

### ▲ His fractured family

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

- ▶ David wrote **Psalm 3** amidst the darkest season of his life, while fleeing from his son Absalom, who conspired to steal the kingship.
- ▶ Absalom was third of David's 21 sons. Though Psalm 3 reflects David's view of this crisis, we must note two sad historical realities.
  - 1) The events of Absalom's rebellion were prophesied 11 years earlier by Nathan the prophet as a judgment from God for David's sins.
  - 2) The betrayal and rebellion of Absalom were birthed and nurtured by David's own negligence of his family's health and welfare.
- ▶ Here is a likely timeline of David's life leading up to the rebellion of Absalom.

- 1000 BC – David becomes king over Judah at Hebron (2 Samuel 2); seven years later (993BC) he is anointed king over all Judah and Israel at Jerusalem (2 Samuel 5).
- 980 BC – David commits adultery with Bathsheba and arranges for her husband Uriah to be killed on the battlefield as a coverup of her pregnancy (2 Samuel 11).
- 980 BC – Nathan the Prophet confronts David, and David repents, but Nathan pronounces God's coming judgment because of these vile sins (2 Samuel 11).
- 978 BC – Amnon, David's oldest son, rapes his half-sister (Absalom's sister, David's daughter) Tamar. David does nothing about it (2 Samuel 13).
- 976 BC – Absalom murders Amnon in revenge for raping his sister Tamar. Absalom flees to Geshur, where he stays three years (2 Samuel 13).
- 974 BC – Absalom returns to Jerusalem, but David refuses to see him for two more years; finally, they meet, but the relationship is ruined (2 Samuel 14).
- 969 BC – Absalom rebels after seven years of being ignored by his father David; David flees Jerusalem with a large weeping entourage (2 Samuel 15-19).

As he flees, David writes Psalm 3. *A psalm of David. When he fled from his son Absalom.*

- 969 BC – Absalom's rebellion is squashed by David's army; Absalom is killed by Joab as he hangs by his hair in a tree; David mourns (2 Samuel 18-19).
- 969 BC – David returns to Jerusalem and reassumes the throne (2 Samuel 19).
- 961 BC – David passes the throne to his son Solomon and dies after 40 years as king (1 Chronicles 29).

### ▲ His ferocious foes

- 1 O LORD, how many are my foes! How many rise up against me!

### ▲ His faithless friends

- 2 Many are saying of me, "God will not deliver him."

## David's Desperate Cries

### ▲ He cried in desperation

- 4 To the LORD I cry aloud, and he answers me from his holy hill.

### ▲ He cried for deliverance

- 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.

## David's Declarative Confessions

### ▲ The LORD surrounds me and shields me

- 3 But you are a shield around me, O LORD...

### ▲ The LORD showers me with strength and shine

- 3 You bestow glory on me and lift up my head.

### ▲ The LORD soothes me and settles me

- 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.

### ▲ The LORD will sort all of this out as I surrender it to him

- 8 May your blessing be on your people.

### Lasting Life Lessons

1. Sin and spiritual negligence can bring many years of heartache, so determine to protect yourself and prioritize your life properly.
2. Past failures may haunt us and bring fresh problems and pain, but the LORD will receive us as we humble ourselves before Him.
3. In the presence and grace of God is healing for the deepest hurts, victory in the deepest valleys, and restoration of the brightest hopes.