

## Finding Peaceful Rest in the Midst of Unrest Psalms 3-5

### Introduction:

1. Many of the psalms were written during times of terrible distress. Such is the case with Psalms 3-5. They were written by King David during the darkest days of his life. 3:1, 4:1
  - David had been forced to flee Jerusalem because his own son, Absalom, had rebelled against him, seized his throne and was contemplating killing his own father.
2. Yet in the midst of all this turbulence and **unrest**, David experienced **peaceful rest** (3:5, 4:8). He didn't miss a wink. Isn't this amazing?
3. Is this peaceful rest available to every believer today? The answer to that question is "absolutely." **Philippians 4:6-7**
4. How can we find peaceful rest in the midst of unrest? There are some wonderful principles that we can learn from the words of David in these psalms.

### First, focus on the Lord; don't fear the enemy. Psalm 3

1. David was well aware of his problems. He begins this psalm by looking at his discouraging circumstances. vs. 1-2
  - David, the true king, was rejected, and a usurper was on the throne.
  - This reminds me of today. Christ, the true and legitimate King of this earth was rejected by mankind. He left this earth as the rejected and exiled King. There is a usurper on this earth today. His name is Satan. Paul calls him the "god of this world." cf. **1 Peter 5:8**
2. Satan is our enemy, and just as Absalom hated and persecuted those who believed in King David, Satan hates and persecutes those who believe and trust in Jesus Christ.
3. Christian, we have an enemy, and as long as he is loose, there will be problems and distresses in this earthly life. **Philippians 1:29; 1 Thessalonians 3:3-4**
4. But here is the key - David turned his focus immediately from his problems and began to focus on the Lord and who He is. vs. 3-4
  - "...*thou...art a shield for me*" - My **protector** from the strikes of the enemy. **Ephesians 6:11**
  - "...*my glory*" - this is a reference to the **presence** of God. **2 Timothy 4:16-17a**
  - "...*the lifter up of mine head*" - God is all-**powerful**, and we have the ultimate victory. **1 Corinthians 15:57** - Satan may win some battles, but we will win the war!
5. When David contemplated that he had God's protection, presence, and power, notice how the fear began to dissipate and give way to trust and confidence. vs. 5-8; cf. **2 Timothy 1:7-8** - You can either focus on your problems or focus on the Lord.

### Second, trust in the Lord; continue to do right. Psalm 4

1. When problems come into a believer's life, Satan desires to convince you of two things:

- God doesn't care.
  - God's Word is not true.
2. If Satan can undermine your trust in God and His Word, he can have his way with you.
  3. During the midst of difficult days, David was spiritually attacked from two sides:
    - From without (vs. 2) - "*sons of men*" denotes wicked unbelievers. cf. 57:4
    - From within (vs. 6) - people in David's own camp were doubting God's goodness.
  4. David absolutely refused to accept the enemy's lies, and affirmed his trust in the Lord.
    - God hasn't forgotten me. vs. 3
    - I will continue to do right and trust Him. vs. 4-5
  5. David is a beautiful picture of the persecuted Jewish remnant of Israel in the Tribulation that will cling tenaciously to Christ and His Word. **Revelation 12:17**
  6. But he also serves as an inspiration to us today. We live in this wicked world that is controlled by Satan, yet we are not **of** this world. We are citizens of heaven.
  7. Satan will do all he can to neutralize our influence for Christ. He does this by casting doubt on God's character and God's Word. The Bible says we must stand against the wiles of Satan. How? **Ephesians 6:17-18; Philippians 2:15-16a**
  8. As we stand upon His Word and continue to trust it and obey it, it brings a sustaining peace to our hearts. **Colossians 3:15-16a**

### **Third, call upon the Lord; find your joy in Him. Psalm 5**

1. One of the biggest mistakes that people make is when they go to Psalms in an attempt to learn specifically **how** to pray. There are two important things to remember:
  - The Psalms were written under the dispensation of the Old Testament law.
  - There was a different basis for prayer. Prayer was to be rooted in an understanding of God's dealings with His people Israel and the provisions of the old covenant.
2. The old covenant called for the destruction and retribution of the wicked (vs. 4-6, 9-10) and material blessing for Israel when they obeyed God's covenant.
3. As we study the New Testament and Paul's prayers, we do not see prayers for the destruction of the wicked or prayers asking for God's material blessing.
4. We pray for the salvation of lost sinners and thank God for the blessings we already possess in Christ. **Example: Acts 7:60; Romans 10:1; 1 Timothy 2:1-2; Ephesians 1:3**
5. But there is a principle that we see throughout the entire Bible. God desires for people to call upon Him. We simply call upon Him with an understanding of the program we are in today. The cross and the dispensation of grace have changed the basis of our prayer life.
6. But what a challenge it is to our hearts to see David's prayer life. vs. 1-3
  - It is a good practice to begin every day by calling upon the Lord. vs. 3
  - David didn't just pray a quick prayer on the run. He was very thoughtful in the words he spoke to God. vs. 1

7. David's joy came from his fellowship with the Lord, not the circumstances of life. vs. 11
8. Did you know that there is an indescribable joy and sustaining peace that comes to our hearts when we call upon the Lord? **Philippians 4:6-7**
9. God desires to give us peaceful rest even in the midst of unrest. It isn't something that you stumble onto accidentally or get lucky. It comes from within. It comes as we practice the principles that we learned this morning.
10. None of us can possibly know what 2009 holds, but I do know this - it can be a year of peaceful rest despite the circumstances of life.