

Finding Ultimate Contentment in Christ – A Series in the Psalms – Week Nine

Morning Prayer after a Dark Night

How to deal with the crushing pain of rejection – Psalm 3:1-8

Introduction: When surrounded by foes who should be friends David did three things: he placed his total trust in God and he prayed. But he also made appropriate plans for the future.

1. *PROBLEM – Sometimes we can be in pain because fellow Christians rise up against us. Psalm 3:1-2 and superscription*

- A. David's Situation – Absalom, David's son, rises up against David. 2 Sam. 15:1-12
 - 1. Absalom, David's, son wants the kingdom. 2 Sam. 15:1-12
 - 2. David flees Jerusalem with a small contingent. 2 Sam. 15:13—16:14
 - 3. Absalom consolidates his power and prepares to attack. 16:15—17:23
 - 4. David's prayer takes place the *night before*, and the *morning after*, this terrible incident.
- B. Our situation – Sometimes we can be accosted by those who should be on our side.
 - 1. It could be in marriage & family, or with business partners or with fellow Christians.
 - 2. These attacks generally blindside us with surprise and grief.
 - 3. These attacks feel all the more painful because they are friends.
- C. Our response – We come to God with our pain.
 - 1. Lament Psalm: The purpose of this Psalm is to honestly express our hearts to God.
 - 2. First line: He addresses the size of his foes.
 - 3. Second line: He addresses their taunts. "God won't help you, because you sinned."

2. *FIRST RESPONSE – When enemies rise up we rest in God. Psalm 3:3-6*

- A. Context – David models three ways we can meditate on God when we face dark seasons in life.
 - 1. I envision him engaged in this discipline on the night that he fled.
 - 2. I envision him doing this totally alone.
- B. Visualize his character – David envisions God as his shield. 3:3
- C. Feel the pain – David cried out to God in his pain. 3:4
- D. Rest in his shelter – David received sustaining sleep from God. 3:5
- E. Result – David's fears were diminished by God. 3:6

3. *SECOND RESPONSE – When enemies rise up we pray to God, but we don't neglect wise planning. Psalm 3:7-8*

- A. Wise planning – David made bold plans as he fled, but they were in complete *dependence* on God.
 - 1. He asks the two high priests to stay and provide information. 2 Sam. 15:24-29
 - 2. He appoints Hushai to counteract the counsel of Ahithophel. 2 Sam. 15:31; 32-34; 17:14
 - 3. As a result he had the information to gather his forces at Mahanaim (2 Sam. 17:24-29).
 - 4. This is consistent with other Godly leaders: David has 5 stones. Paul has a *doctor* w/ him.
- B. Passionate prayer – David's prayer reveals a commitment to God's glory more than safety. 3:7a
 - 1. David addresses God the same way Moses does (Num. 10:35). 3:7a
 - 2. David addresses God on the basis of their covenant relationship (my God). 3:7b
 - 3. David addresses God on the basis of God's past actions. 3:7c
 - 4. David addresses God on the basis of God's kingdom glory. 3:8
- C. How do you balance prayer and wise planning?
 - 1. God asks you to use both.
 - 2. Example: if you're sick, you see a doctor and you pray.
 - 3. Example: if you're struggling financially, you see a financial counselor and you pray.