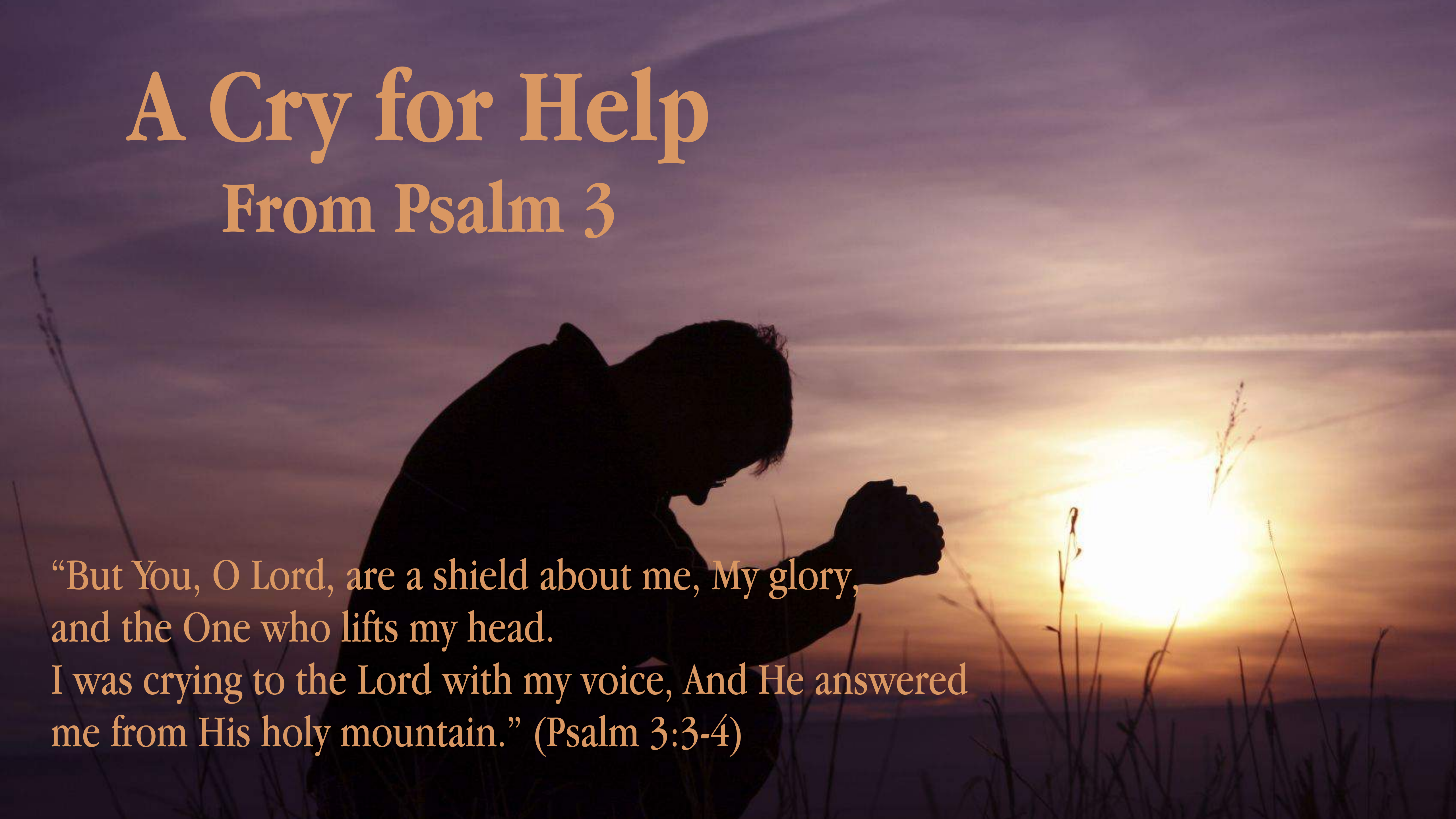


A Cry for Help

From Psalm 3



“But You, O Lord, are a shield about me, My glory,
and the One who lifts my head.
I was crying to the Lord with my voice, And He answered
me from His holy mountain.” (Psalm 3:3-4)

A Cry for Help

From Psalm 3

- “I will lift up my eyes to the mountains; from where shall my help come? My help comes from the Lord, who made heaven and earth.” (Psa. 121:1-2)
- “The righteous cry, and the Lord hears and delivers them out of all their troubles. The Lord is near to the brokenhearted and saves those who are crushed in spirit.” (Psa. 34:17-18)
- “The Lord sustains all who fall and raises up all who are bowed down... The Lord is near to all who call upon Him, to all who call upon Him in truth... He will also hear their cry and will save them.” (Psa. 145:14, 18, 19)

A Cry for Help

From Psalm 3

- Throughout scripture we see those who cry out to the Lord for aid.
 - Israel (Ex. 2:23-25; 3:7-8; Judg. 3:9; 6:7; 10:10)
 - Nehemiah (Neh. 1 & 2)
 - Hezekiah (Isa. 37 & 38)
 - Daniel (Dan. 9)
- The deliverance/help is not always in the form we desire/expect.
 - Moses (Deut. 3:25-26)
 - Laments of the prophets (Jer. 7:16; 29:11)
 - Paul's "thorn in the flesh" (2 Cor. 12:7-9)
 - Jesus (Heb. 5:7)

A Cry for Help

From Psalm 3

- God expects us to ask Him for help.
 - Php. 4:6-7... “Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.”
 - Heb. 4:16... “Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.”
 - 1 Pet. 5:6-7... “Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time, casting all your anxiety on Him, because He cares for you.”

A Cry for Help

From Psalm 3

- Typical form found in Psalm 3
 - The situation (inscription)
 - The lament or plea to the Lord (v. 1)
 - Praises offered (v. 3, 8)
 - Why the psalmist believes the Lord should help (v. 2)
 - Hope and expectation (v. 5-6)
 - Calls for judgment (v. 7)

A Cry for Help

From Psalm 3

- There are variations:
 - Some include a plea for forgiveness. (25:7, 11, 18; 39:7-11; 51:1-4)
 - Some speak of past deliverance. (18:1-6; 27:1-3)
 - Some include few details. (Psa. 123)
 - Some open with the complaint that God seems to have not heard their cry, yet almost all resolve to hope. (10: 1, 16-18; Psa. 13)

A Cry for Help

From Psalm 3

1. While many of these psalms are generic in nature, some give us more information concerning the reason for its composition. List the specific enemy or occasion of which the psalmist wrote.
 - Psa. 3
 - When fleeing Absalom, David's son. (2 Sam. 15:13-17, 29-30)
 - Psa. 7
 - A song concerning Cush, a Benjamite (1 Sam. 22:7; 2 Sam. 2)
 - Psa. 51
 - When confronted concerning the sin with Bathsheba (2 Sam. 12)

A Cry for Help

From Psalm 3

1. While many of these psalms are generic in nature, some give us more information concerning the reason for its composition. List the specific enemy or occasion of which the psalmist wrote.
 - Psa. 55 (v. 13-14)
 - When betrayed by a close companion. (2 Sam. 15:12; 17:23)
 - Psa. 57
 - When he fled from Saul in the cave. (1 Sam. 22:1; 24:3)
 - Psa. 59
 - Surrounded by Saul's men (1 Sam. 19:11)

A Cry for Help

From Psalm 3

1. While many of these psalms are generic in nature, some give us more information concerning the reason for its composition. List the specific enemy or occasion of which the psalmist wrote.
 - Psa. 88 (possible hints in v. 8 and 18)
 - During the exile (2 Kings 17)
 - Psa. 142
 - A prayer while hiding in the cave (1 Sam. 22:1; 24:3)