

Psalm 3  
Praying in the Face of  
Fear  
Hennie Swart

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INTRODUCTION

- Us humans are very emotional beings.
- How to deal with our emotions:
  - Religion say supress them
  - Irreligion says vent them
  - The Psalms offers a third way
- Psalm 3 deals with one of our most powerful and primal emotions: fear.

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PSALM 3 (NIV)  
A psalm of David. When he fled from his son Absalom.

<sup>1</sup>O Lord, how many are my foes! How many rise up against me! <sup>2</sup>Many are saying of me, "God will not deliver him."  
<sup>3</sup>But you are a shield around me, O Lord; you bestow glory on me and lift up my head. <sup>4</sup>To the Lord I cry aloud, and he answers me from his holy hill. <sup>5</sup>I lie down and sleep; I wake again, because the Lord sustains me. <sup>6</sup>I will not fear the tens of thousands drawn up against me on every side.  
<sup>7</sup>Arise, O Lord! Deliver me, O my God! Strike all my enemies on the jaw; break the teeth of the wicked. <sup>8</sup>From the Lord comes deliverance. May your blessing be on your people.

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OUTLINE

1. Two phases of fear (3.1-2)
  - Fear & Anxiety
2. Five foundations of faith (3.3-6)
  - Shoulder your shield
  - Relocate your glory
  - See your substitute
  - Trust His track-record
  - Renounce your fear
3. Three practices of prayer (3.7-8)
  - Turn the tables
  - Believe you've received
  - Generalize the blessing

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CONCLUSION

- Don't suppress or vent your fears – pray you fears.
- Strengthen your faith and turn the tables on your fear.

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