

July 20, 2007

How did you sleep last night? Did you sleep in comfort and quiet, or did you endure a night of restlessness and fatigue? When pressures and anxieties attack us, we just don't seem to get a good night's rest. When that happens, not only do we feel it the next morning, but everyone around us seems to sense it, too. We become grouchy, irritable, impatient, and unappreciative of God's new day.

Psalm 3 is a blessing to us, because we find in the psalmist an attitude of faith in God to deliver, protect, sustain, save, and vindicate him. And right in the middle of the seventeen lines of this psalm lies the shortest and most surprising statements of this psalm. Let's read the psalm now.

### **Psalm 3 (NASB)**

**O LORD, how my adversaries have increased!  
Many are rising up against me.  
Many are saying of my soul,  
"There is no deliverance for him in God." Selah.  
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. (Selah.)  
I lay down and slept;  
I awoke, for the LORD sustains me.  
I will not be afraid of ten thousands of people  
Who have set themselves against me round about.  
Arise, O LORD; save me, O my God!  
For You have smitten all my enemies on the cheek;  
You have shattered the teeth of the wicked.  
Salvation belongs to the LORD;  
Your blessing be upon Your people! (Selah.)**

We are not surprised that the writer's enemies have increased or that people have tried to take away his hope even in his God. Nor are we surprised to hear the psalmist's affirmation of faith in the second half of the psalm. His certainty of the Lord's power and might is uplifting. The Lord has fought for him in the past, and he believes that the Lord will save him again in the spite of terrible odds.

But the thing that stands out to me is that in the middle line of this psalm, in the midst of a situation which would shake our faith and make us question our strength, the psalmist says he laid down and went to sleep. His prayer to the Lord was answered, and he slept in peace knowing that the Lord would sustain him. Praise God!

Whatever your challenge is today, tonight, or tomorrow, follow the example of this psalmist. Take your cares to the Lord, and then rest in the knowledge that this great God will deliver, protect, sustain, save, and vindicate the righteous. Our great God continues to pour out His blessings on His people.

God bless,  
Patrick Barber