



The May 27, 2020 edition of TruNorth Daily Devotional with Dr Jim Brown:

“Three Days in Psalm 3”

“Peace in the Midst of the Storm”

Psalm 3:1-2

***“LORD, how they have increased who trouble me! Many are they who rise up against me. Many are they who say of me, ‘There is no help for him in God.’
Selah”***

Do you feel this Covid lockdown, the lack of normal, the prohibition against seeing your friends and (in some cases) your family, have taken a toll on you emotionally, economically, and even perhaps spiritually? Do you worry that some in charge might actually be enjoying the power of declaring a shutdown and having everyone under their control? Are you wondering where God is in the midst of all that is happening?

In Psalm 3, David – the king, the musician, the former shepherd, the conqueror of Goliath and the writer of this psalm – has written a song which begins by telling the Lord about all the troubles he’s facing. Though written some 3,000 years ago, the words, the feelings and the need for God’s help are as real today as then.

“LORD, how they have increased who trouble me! Many are they who rise up against me.”

Today, we are living in a time of trouble. Our nation is reeling under this lockdown; unemployment is like that of the great depression; many companies have gone out of business; our national debt has jumped up... and much more. People are not socializing... and all because of FEAR.

I'm sure there are Believers who wonder, "Where is God?" and unbelievers who – as in David's day – are mocking our belief in God and in our trusting Him to take care of us.

"Many are they who say of me, 'There is no help for him in God.'"

As a point of history, this psalm was written when David's own son Absalom was forcing his father, King David, out of his throne and taking over as the new king. (2 Samuel 15-18)

Are you worried or fearful or troubled or upset or depressed or angry or lonely or doubtful or some combination of those? If so, you're not alone. David was too.

The issue – as we'll see in these "Three Days in Psalm 3" – is: Where do we put our trust? To whom do we look? Where can we rest?

Finally, we read the word: "***Selah.***"

The idea in the Hebrew for this word (occurring 74 times in the Old Testament) is for a *pause*. Most people think it speaks of a reflective pause, a pause to meditate on the words just spoken.

Prayer: Lord, help me to learn from David. He was one whose heart you appreciated. He turned to YOU every time he faced a challenge. Lord, we're facing challenges today too. Help me as I deal with what I'm dealing with. Help me to learn to pause daily and rest and meditate on You. Amen.