



The May 28, 2020 edition of TruNorth Daily Devotional with Dr Jim Brown:

## **“Three Days in Psalm 3”**

### ***“Peace in the Midst of the Storm”***

#### **Psalm 3:3-4**

***“But thou, O LORD, art a shield for me; my glory, and the lifter up of mine head. I cried unto the LORD with my voice, and he heard me out of his holy hill. Selah.”***

As David continues this short psalm – originally set to music – he acknowledges the Lord as a “shield for me.”

Another version says: ***“But Lord, you are my shield, my glory, and my only hope.”***

Consider that for a moment. If you were in battle – as David was – wouldn’t you want God as your shield? And if He was your shield, wouldn’t that be glorious and give you great hope?

It did for David. And note that David wasn’t asking God to “please be my shield” ... he was declaring what he already knew, that God WAS his shield. David was depending on Him, on the LORD, His LORD. (LORD in all caps = “Yahweh”).

David also acknowledges that the Lord is ***“the lifter of my head.”*** Another version puts it: ***“You alone can lift my head, now bowed in shame.”*** (He had just been dethroned by his own son.)

My take away from this is that no matter what you're facing right now, medically, financially, family crisis, loss of some kind... whatever. And though you're feeling down and your head hangs in fatigue, frustration or – as in David's case – shame; Almighty God can LIFT you up!

David continues in verse 4 by stating that he cried out to God (perhaps a loud prayer) but expresses confidence that the Lord – even all the way away in heaven – heard him!

***“With my voice I was crying to the LORD, and He answered me from His holy mountain.” (AMP)***

Charles Spurgeon said:

“Surely, silent prayers are heard. Yes, but good men often find that, even in secret, they pray better aloud than they do when they utter no vocal sound.”

Do you sometimes talk – out loud – to the Lord? I do... and that's apparently what David did here. (I included the Spurgeon quote because I think it is instructive.)

Keep this in mind: God wants to talk with you. He wants a two-way conversation with you throughout the day. ***“Praying without ceasing”*** (1 Thess 5:17). He doesn't just want us to prattle on and then run off. He wants to hear from us and then He wants us to hear from Him. He speaks through His Word and His Spirit. But – as one pastor said it – God speaks in a whisper. We have to “be still” to hear Him.

***“Selah.”***

Another interlude-opportunity for us to pause and meditate on what David just wrote.

***Prayer: Lord, help me to develop – or improve – my daily talks with You. Help me to realize that You hear me and then help me to pause and listen as You talk to me. Thank You for Your Word and Your Spirit. Amen.***