HOW THE LORD SUSTAINES US

**DATE: 7/17/2011 am**

**TEXT: Psalm 3:5**

**INTRODUCTION**

After David committed his sin with Bathsheba, his life was never the same

The recompense (results) of that sin never left his home or his heart

**Numbers 32:23b** – ***“be sure your sin will find you out”***

**Romans 6:23a – *“For the wages of sin is death;”***

You always reap what you sow

Our sinful choices alway start a *chain of events* that are very difficult to stop

**Example** - The first sin in the garden

**Romans 5:12, 19 – *“Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned:”***

***“For as by one man's disobedience many were made sinners, so by the obedience of one shall many be made righteous”***

Though God forgave and cleansed David, he would have to deal with *the consequences* of his sinful behavior!

One of the consequences of David’s sin was that his son Absalom rebelled against him

He sought to take the Kingdom from him

There is no trouble on earth like trouble in your home

But on the other hand …

There is no greater joy on earth like a family working together and moving forward for God

Not only was his son out to take the Kingdom from him,

But David was also being criticized by others in his kingdom

***“Many there be which say of my soul, There is no help for him in God”***

David wrote the **3rd Psalm** while fleeing from his son Absalom and dealing with this situation in his life

Notice the expression found in **v.5**

***“The LORD sustained me”***

Sustained *- to lean upon or take hold of, to bear up or up-hold, to establish*

This is a great statement for all of us to remember

In other words, David said –

*“I could not have lived through it had not God provided what I needed”*

This was a very difficult time for David,

But God would give him peace and Sustain him though it

David sought the Lord in prayer, and God answered him

We all are going to face many difficult times in life

That is why it is so important to have the grace and strength of the Lord,

Again, why?

So we can deal with the problems we are sure to face

There is absolutely no way to be victorious without God’s help

Let’s pray and look at the **3rd Psalm** and –

***“How the LORD Sustains us”***

**~~~Prayer~~~**

**I. DAVID’S “PROBLEM” – vs. 1, 2**

Notice at the end of **v.2** the word ***“Selah”***

We don’t know exactly what is meant by this word

Many believe it to be a musical pause or rest

Others believe it to mean a time to stop and reflect about what has just been said

(found 73 x’s in Psalms, 3 x’s in Habakkuk)

I believe that when God gives David this thought,

He stopped to think about it

Notice what he is thinking about

David said in **v.1** – ***“LORD, how are they increased that trouble me!”***

In other words, his problem kept getting bigger

Why is it that things always seen to get worse before they get better?

And then, it always seems that we *wait* before we give our burdens to the Lord

We wait until they become so big, that they overwhelm us

The point is, we can’t handle them in the first place!

Why is it then, that we wait so long?

David had a big problem on his hands and in his heart

With his own son trying to take the Kingdom

David begins to blame himself for all that is transpiring

Some of the heaviest burdens in life come as a result of failures in the home

No wonder David cried out in **II Samuel 18:33b –**

***“… O my son Absalom, my son, my son Absalom! would God I had died for thee, O Absalom, my son, my son!”***

Someone has said that David should have cried –

***“… O my sin Absalom, my sin, my sin…!”***

David says in **v.2 *– “Many there be which say of my soul, There is no help for him in God”***

They were saying he had no right to ask God to help him

His enemies were tormenting him with criticism

I have often notice that there is always going to be those who make comments about what they know little about

**Psalm 2:1 – *“Why do the heathen rage, and the people imagine a vain thing?”***

There must be a time during a crisis when we realize we have no hope, but in the Lord

*You will never know that Jesus is all we need until we realize He is all we got!*

We are not going to live without difficulties, problems and heartaches

Many of which we bring upon ourselves

You are not going to live without experiencing some rebellion by people turning against you

We need to take hold of this truth –

***“The LORD Sustained Me”***

**DAVID’S “PROBLEM”**

**II. DAVID’S “PRAYER” – vs. 3, 4**

Notice **vs. 3 & 4** and David’s Prayer

David said – ***“But…”*** at the beginning of **v.3**

Even though they were criticizing him, and some of the things were justifiable

David knew he had sought God’s forgiveness

**Psalm 86:5 – *“For Thou, Lord, art good, and ready to forgive; and plenteous in mercy unto all them that call upon Thee”***

**Psalm 103:3 – *“Who forgiveth all thine iniquities; Who healeth all thy diseases;”***

**Psalm 130:4 – *“But there is forgiveness with Thee, that Thou mayest be feared”***

**I John 1:9**

Look at what David says because of these attacks **– v.3**

***“…Thou, O LORD, art a shield…”***

***“… Thou, O LORD, (art) my glory…”***

You are my protector, ***“my shield”***

I have no glory; You are ***“my glory”***

***“…and the lifter up of mine head”***

My head is hung low

Could it be that God allowed this rebellion with Absalom …?

So, David would have to deal with him

But also, that David would find that all he needed was the Lord to Sustain him?

Often in life, as we go through painful times…

We need to see, by faith, that it is God who has allowed those painful times to occur

Not for the problem’s sake

But so that we will seek and depend on the Lord

Whatever you are dealing with in life, have you turned this corner?

Often we see others who we perceive haven’t had to deal with the things we have to deal with

The devil likes to whisper – *“God isn’t as good to you as He is to them”*

The truth of the matter is, in your sorrow and in your troubles,

You should be finding that the LORD is your ***“shield”*** and ***“glory”*** and ***“the lifter up of your head”***

It’s during these hard times that the Lord gives us a chance to go deeper with Him

Let’s look at **v. 4a**

***“I cried unto the LORD with my voice”***

That sounds a little strange, doesn’t it?

What else would you use, to talk to God?

So why does David say that he used his ***“voice”***?

Because David wants us to know that he didn’t just pray silently,

But cried out to God, audibly

Some situations in life take much more than just casual prayer!

**James 5:16b – *“The effectual fervent prayer of a righteous man availeth much”***

Notice the response to David’s prayer in **v.4b**

***“and He heard me out of His Holy hill”***

David says – *God heard me!*

**Psalm 6:9 – *“The Lord hath heard my supplication; the Lord will receive my prayer”***

**Psalm 66:19 – *“But verily God hath heard me; he hath attended to the voice of my prayer”***

**Hebrews 11:6**

If all you see is the problem

And you never seek the Lord for rectification

Then your life will be constantly weighed down

Your burden so heavy that you won’t be able to live right

There is no joy

God uses such times to enable us to recognize our need for Him

We find the declaration –

***“I cried unto the LORD with my voice, and He heard me out of His holy hill”***

**DAVID’S “PROBLEM”**

**DAVID’S “PRAYER”**

Now we see –

**III. DAVID’S “PEACE” – vs. 5, 6**

**V. 5** says – ***“I laid me down and slept; I awaked; for the LORD sustained me”***

The Bible says that David found Peace in the LORD

He not only slept, but God gave him peace to sleep

Remember, he is not sleeping in the comfort of his palace

He has been driven out of Jerusalem

He says –

*“All though my son has risen up against me”*

*“All though many are critical of me”*

**Examples** – Jesus asleep in the ship **Mark 4:39**

Peter asleep in prison in **Acts 12**

The Lord has saw fit to give me peace in the midst of turmoil

 There are many people who cannot find rest

Why? Because they are not right with God!

There are many who cannot go to sleep at night,

Why? Because they need spiritual cleansing and to be restore back into fellowship with the Lord

David had Peace

**V.6** says – ***“I will not be afraid of ten thousands of people, that have set themselves against me round about”***

**Psalm 56:3 -  *“What time I am afraid, I will trust in thee”***

He said – *“I could be encircled by 10,000 people that hate me and I’m not going to fear because I know that God will take care of me”*

**Example** - The 3 Hebrew boys in **Daniel 3**

That is explicit trust; that is Real Peace!

There are great needs in all our lives

Great needs in our families

Great needs in our ministries

Great needs were we work

Why not trust God Who is greater than all our needs?

David wanted his son Absalom to get right with God

David said, *“Whether he gets right or not. I’m getting right with God”*

Because of that attitude, God gave David Peace, he found rest

**DAVID’S “PROBLEM”**

**DAVID’S “PRAYER”**

**DAVID’S “PEACE”**

Lastly, let’s look at –

**IV. DAVID’S “PROTECTION” – v. 7, 8**

When we read **v.7** we see David referring to his enemies like wild beasts

They can growl, they can try to pounce and devour

They can try to frighten us

But David tells us that God - ***“hast smitten all mine enemies upon the cheek bone;* (That He) *Thou hast broken the teeth of the ungodly”***

We live in a generation that is hateful toward the things of God

If you are not aware of this, we need to be

This world is waging a war against Heaven

The sad part is, that most Christians are just sitting by and doing nothing

Turn with me to **Proverbs 30:11-14**

Look specifically at **v.14**

This is a perfect description of today’s generation

They want to bite and gnaw at the things of God …

*And* anybody who is trying to live for God

**James 4:4 – *“Ye adulterers and adulteresses, know ye not that the friendship of the world is enmity with God? whosoever therefore will be a friend of the world is the enemy of God”***

We are to win the lost to Christ, Not participate in their deeds

They are against everything godly and holy

Even Christians can get this way

**Galatians 5:15 – *“But if ye bite and devour one another, take heed that ye be not consumed one of another”***

God’s people can get to fighting and clawing at one another

God says as you bite and devour one another

Before long you are going to eat one another up entirely

**CONCLUSION**

In closing, let’s look at **v. 8**

If you are being bitten …

Or someone is trying to devour you

It is a great temptation to bite back

But, the test of a man’s spirituality is not in how he *acts*

But how he *reacts!*

How he responses to the temptation

Either we trust God or we do not trust God

Either we lean on the Lord or we do not lean on the Lord

David did not want to kill his son

As a matter of fact, he specifically told his leaders –

*“When you have to deal with Absalom, for my sake, please deal kindly with him”*

We find in **Psalm 3** David telling us that –

*“God has given me the grace to trust Him”*

My question is – Are you, or have you, trusted the Lord?

David says – *“God will protect me”*

Then he says in **v.8 – *“Salvation belongeth unto the Lord”***

This sums it all up,

I think what David was saying was that there was nothing he could do to deliver himself

It is all of God

***“Salvation belongeth unto the LORD: thy blessing is upon thy people. Selah”***

In other words, it is all in God’s hands – all of it!

I think the statement in **v.5** sums up the entire Psalm

***“The LORD sustained me”***

David said – *“He gave me what I needed to get me through”*

Friend, He will give you what you need to get you through any situation

There are no limitations to what God can get us through

There are no Big Jobs for God

No matter how great your need is, He will Sustain You

Trust Him

Look to Jesus

Look and live

**This is How the Lord Sustains us!**

**DAVID’S “PROBLEM”**

**DAVID’S “PRAYER”**

**DAVID’S “PEACE”**

**DAVID’S “PROTECTION”**