

## The Pastor Patrick Podcast – Episode 3 Notes

**Title:** Psalm 3 | Episode 3 of The Pastor Patrick Podcast

**Text:** Psalm 3:1–8

**Topic:** Faith in the Middle of Crisis

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### Observations from Psalm 3

What is happening in this passage?

- **Context:** David is fleeing from his son Absalom (see 2 Samuel 15–18).
  - **Verse 1–2:** David acknowledges the reality of his situation.
    - "Many are my foes..."
    - "Many are saying, 'God will not deliver him.'"
    - He is **outnumbered, betrayed, and questioned spiritually**.
  - **Verse 3:** David's declaration of trust:
    - God is his **shield** (protection).
    - God is his **glory** (his honor and source of confidence).
    - God is the **lifter of his head** (restoration and hope).
  - **Verse 4:** David prays—"I call out to the Lord"
    - God answers him **from His holy mountain** (symbolizing divine presence and authority).
  - **Verse 5–6:** Despite the danger, David sleeps and wakes in peace.
    - Trust in God brings rest—even when surrounded by "tens of thousands."
  - **Verse 7–8:** David calls on the Lord to **deliver** him.
    - His confidence isn't in revenge but in God's justice and salvation.
    - Deliverance belongs to the Lord.
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### Interpretation

What spiritual truths can we draw from this passage?

- It's possible to be both **honest about hardship** and **anchored in hope**.
- God invites us to pray even in the middle of our pain—not just when things feel better.
- Sleep and peace are not a result of ideal circumstances, but of **God's sustaining presence**.
- God is our **shield**—He surrounds, protects, and covers us.
- Victory isn't self-earned. **Deliverance is the Lord's**.

"Faith doesn't ignore reality—it places reality into the hands of a faithful God."

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## Application

How can we live this out?

- **Be honest in prayer**—bring your enemies, your stress, and your fear to God.
  - **Name the lies** you've been tempted to believe (v.2):
    - "God won't help you."
    - "This is too big."
    - "You're alone in this."
  - **Let God lift your head**—choose to look up, not inward.
  - **Rest well**—trust that God is still working while you're sleeping.
  - **Don't fight in your own strength**—deliverance belongs to the Lord.
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## Reflection Questions

1. What battle are you currently facing?
  2. Are you trying to solve it on your own, or are you calling out to God like David?
  3. What false messages are you hearing—either from others or from within?
  4. Where do you need to surrender your sense of control and trust in God's deliverance?
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## Additional Scripture Connections

- 2 Samuel 15–18 – Context of David fleeing Absalom
- Proverbs 3:24 – “When you lie down, you will not be afraid.”
- Philippians 4:6–7 – Peace of God guarding hearts and minds
- Isaiah 26:3 – Perfect peace for those whose minds are stayed on God
- Matthew 11:28 – “Come to me, all who are weary...”
- Romans 12:19 – “Vengeance is mine, I will repay, says the Lord”