



It's Not as Bad as It Seems

Psalm 3 (NKJV)

Psalm 3

A Psalm of David when he fled from Absalom his son.

1 LORD, how they have increased who trouble me!

Many *are* they who rise up against me.

2 Many *are* they who say of me,
“*There is no help for him in God.*” *Selah*

Psalm 3

A Psalm of David when he fled from Absalom his son.

3 But You, O LORD, *are* a shield for me,
My glory and the One who lifts up my
head.

4 I cried to the LORD with my voice,
And He heard me from His holy
hill. *Selah*

Psalm 3

A Psalm of David when he fled from Absalom his son.

5 I lay down and slept;
I awoke, for the LORD sustained me.

6 I will not be afraid of ten thousands
of people
Who have set *themselves* against me
all around.

Psalm 3

A Psalm of David when he fled from Absalom his son.

**7 Arise, O LORD;
Save me, O my God!
For You have struck all my enemies
on the cheekbone;
You have broken the teeth of the
ungodly.**

Psalm 3

A Psalm of David when he fled from Absalom his son.

8 Salvation *belongs* to the LORD.
Your blessing *is* upon Your
people. *Selah*

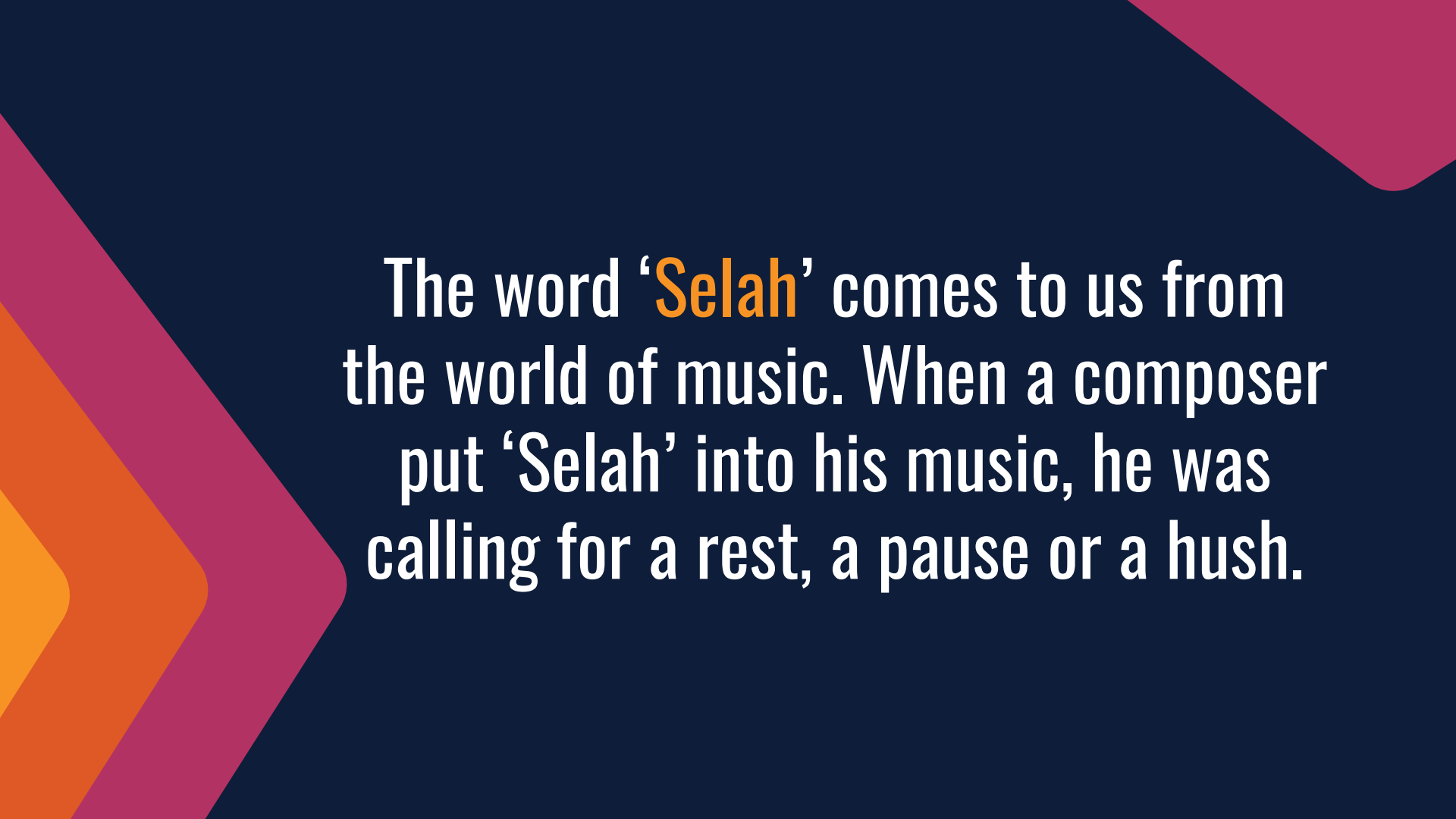
Psalm 3

A Psalm of David when he fled from Absalom his son.

1 LORD, how they have increased who trouble me!

Many *are* they who rise up against me.

2 Many *are* they who say of me,
“*There is no help for him in God.*” *Selah*



The word '**Selah**' comes to us from the world of music. When a composer put 'Selah' into his music, he was calling for a rest, a pause or a hush.

IMPOSSIBLE

+ POSSIBLE

Lesson 1 (vs1-2): It's
not as bad as it
seems; Pause and
talk to God! He is
waiting for you to
come to Him.



1 Kings 18:41- 46 - Elijah Prays for Rain

⁴¹ Then Elijah said to Ahab, "Go get something to eat and drink, for I hear a mighty rainstorm coming!" ⁴² So Ahab went to eat and drink. But Elijah climbed to the top of Mount Carmel and bowed low to the ground and prayed with his face between his knees. ⁴³ Then he said to his servant, "Go and look out toward the sea." The servant went and looked, then returned to Elijah and said, "I didn't see anything." Seven times Elijah told him to go and look.

⁴⁴ Finally the seventh time, his servant told him, "I saw a little cloud about the size of a man's hand rising from the sea." Then Elijah shouted, "Hurry to Ahab and tell him, 'Climb into your chariot and go back home. If you don't hurry, the rain will stop you!'"

⁴⁵ And soon the sky was black with clouds. A heavy wind brought a terrific rainstorm, and Ahab left quickly for Jezreel.

⁴⁶ Then the LORD gave special strength to Elijah. He tucked his cloak into his belt[] and ran ahead of Ahab's chariot all the way to the entrance of Jezreel.

Lesson 2 (vs3-6): It's
not as bad as it seems
when we make our
situation about God
and not about us. Then
things gets clearer
and we are able to
think straight.



3-4) But You, O LORD, *are* a shield
for me, My glory and the One who
lifts up my head. I cried to the LORD
with my voice, And He heard me
from His holy hill.

Selah

5-8) I lay down and slept; I awoke, for
the LORD sustained me. I will not be
afraid of ten thousands of people Who
have set *themselves* against me all
around.

Lesson 3 (vs7-8):
It's not as bad as it
seems when my
battle is in God's
hand!



V7-8) DAVID'S PRAYER – his personal plea to God –

Arise Lord

1

2

Deliver me

**Strike all my
enemies on
the jaw**

3

4

**Break the teeth
of the wicked**

Psalm 77:2 (NKJV) —
In the day of my trouble I
sought the Lord; My hand
was stretched out in the
night without ceasing; My
soul refused to be
comforted.

What do you carry at the moment?

Pause



Ponder

Pray



That's your weapon!
It's not as bad as it
seems, when you
turn to God for
help!

Prayer of Faith and Surrender:

Jesus, I come to you in faith. I thank you for the cross. I confess that I am a sinner. I repent of my sins and ask you to forgive me. Jesus, I confess that you are Lord. Come into my life. Fill me with the Holy Spirit. I surrender to your will from this day forward. Thank you for restoring me to Your original intent for my life. You are my Saviour, my Healer, my Baptizer of the Holy Spirit, and my Coming King. Amen!

Write:

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events, head to:**

