

## God Sustains Us

### Description

Psalm 3:1-8

Learning the history of Psalm 3 helps us to better understand and apply this passage to our own lives. Psalm 3 begins with Absalom, David's son. Absalom was selfish. Instead of doing good, he was busy with a self-indulgent plan.

Absalom won over the hearts of Israel's people and some of his father's counselors. Absalom schemed with those people to dethrone his father.

We find David being driven out of his palace and fleeing for his life. Second Samuel 15:30 tells us that he went to the Mount of Olives to rest, weep, pray, and, perhaps, to pen this psalm. David showed his human side, with which most of us can relate, by using the first few verses to complain about his enemies to God. Then, as if a lightbulb was turned on, David remembered that God was in control; his demeanor changed and he overcame his fear and praised God, knowing that God would sustain him.

Lord, help us to remember that You always sustain your children!

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