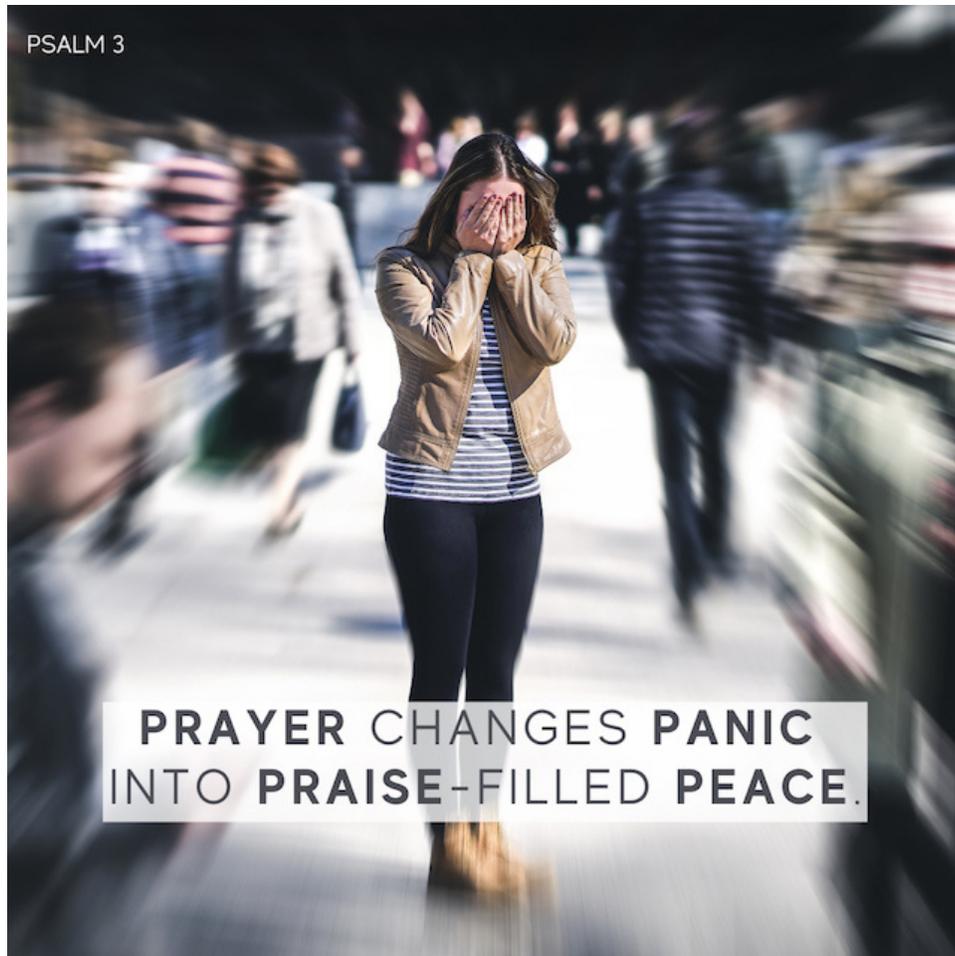

FROM PANIC TO PEACE

PSALM 3



I've had panic attacks a few times in my life, usually after times of prolonged stress. The first time it happened, I was sure I was dying and went to ER. As some of you also know, it's so embarrassing to walk in, warning, "I'm having a heart attack," and to walk out with a nurse saying, "It's just stress." Since then, I've had other panic attacks, but I saved myself the embarrassment and the money by pausing and praying until peace returned. Prayer is much cheaper than healthcare, and also less embarrassing. In Psalm 3, David provides us with a pattern prayer that shows us how to move from panic to prayer to peace to praise.

LEARNING

WHEN CHRISTIANS PANIC THEY PRAY (1-4)

David's enemies were many and murderous. So much so that he cried out. **"O Lord, how many are my foes! Many are rising against me; many are saying of my soul, "There is no salvation for him in God" (1-2).**

He panicked. But he also prayed. **"But you, O Lord, are a shield about me, my glory, and the lifter of my head. I cried aloud to the Lord, and he answered me from his holy hill" (3-4).** You look after me, you lift me up, and you answer me.

PANIC SHOULD LEAD TO
PRAYER NOT DESPAIR

What happens when we pray?

WHEN CHRISTIANS GET PEACE THEY PRAISE (4-9)

What happened when David prayed? Instead of panic overwhelming him, peace overwhelmed him. **“I lay down and slept; I woke again, for the Lord sustained me. I will not be afraid of many thousands of people who have set themselves against me all around”** (5-6). The Lord gave him peaceful sleep and removed paralyzing fear. Instead of looking ahead and seeing darkness and death, he saw hope and a future. **“Arise, O Lord! Save me, O my God,”** he prayed. But now his prayer was full of confidence. **“For you strike all my enemies on the cheek; you break the teeth of the wicked”** (7).

Full of peace he is now full of praise. **“Salvation belongs to the Lord; your blessing be on your people!”** (8). He praises God for his sovereign salvation and special blessings. Panic, prayer, peace, praise.

PEACE PRODUCES PRAISE
AND PRAISE PRODUCES PEACE.

LOVING

This is not just a Psalm of David but a Psalm of Christ. He experienced the ups and downs of this Psalm (Matt. 11:25; Heb 5:7). He had to battle against anxiety and panic and he did so with prayer that brought him peace and made him praise. Read through this Psalm again as though on the lips of Christ on the cross. Look at verse five especially. “I lay down and slept (the tomb); I woke again, for the Lord sustained me” (the resurrection). Verse 8: “Salvation belongs to the Lord; your blessing be on your people!” (walking out of the tomb). Panic, prayer, peace, praise!

LIVING

Use prayer to change panic into praise-filled peace.
