

## DAY 15 – Trust When Surrounded

### **Psalm 3**

**3** Lord, how are they increased that trouble me! many are they that rise up against me.

**2** Many there be which say of my soul, there is no help for him in God.  
Selah.

**3** But thou, O LORD, art a shield for me; my glory, and the lifter up of mine head.

**4** I cried unto the LORD with my voice, and he heard me out of his holy hill.  
Selah.

**5** I laid me down and slept; I awaked; for the LORD sustained me.

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

**7** Arise, O LORD; save me, O my God: for thou hast smitten all mine enemies upon the cheek bone; thou hast broken the teeth of the ungodly.

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

**Focus:** Peace When Under Pressure

**Psalm 3** was written during a time of crisis, when David was fleeing from his own son Absalom. Surrounded by enemies and betrayal, David begins honestly: “Lord, how they have increased who trouble me!” This psalm reminds us that faith does not deny pressure; it faces it directly. Lent invites us to bring our fears into God’s presence instead of letting them overwhelm us. When opposition rises, prayer becomes our first response.

In the middle of conflict, David declares, “But You, O Lord, are a shield for me, my glory and the One who lifts up my head.” That shift is powerful. Circumstances may press in, but God stands as protection. A shield does not remove the battle — it protects us within it. The Lord lifts our head when discouragement tries to bow it. Trust grows when we remember who surrounds us more than who opposes us.

The psalm closes with surprising calm: "I lay down and slept; I awoke, for the Lord sustained me." Peace in the midst of trouble is evidence of deep trust. As we continue this Lenten journey, Psalm 3 teaches us that even when we feel surrounded by challenges, we are covered by God's sustaining grace.

**Prayer:** Lord, when pressure surrounds us, be our shield and lift our heads. Replace anxiety with peace and remind us that You sustain us. Help us to trust You fully in every battle. In Jesus' name, Amen.