



God – The Glory And The Lifter Of My Head

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- **Psalm 3:1-4 KJV** *“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.”*
- **NLT** - *“O Lord, I have so many enemies; so many are against me. 2 So many are saying, “God will never rescue him!” Interlude 3 **But you, O Lord, are a shield around me; you are my glory, the one who holds my head high.** 4 I cried out to the Lord, and he answered me from his holy mountain.”*



Psalm 3.....

- Written by David in the midst of suffering, pain and personal struggles.

- Relates to himself
 - His struggles
 - His personal problems
 - His emotions
 - His enemies

Relating these factors to our today lives, makes the book of Psalm an interesting, appreciated and pleasurable book to read.



Similar kind of discouraging words that Nehemiah experienced

Nehemiah 4:1-3 *“Sanballat was very angry when he learned that we were rebuilding the wall. He flew into a rage and mocked the Jews, 2 saying in front of his friends and the Samaritan army officers, “What does this bunch of poor, feeble Jews think they’re doing? Do they think they can build the wall in a single day by just offering a few sacrifices? Do they actually think they can make something of stones from a rubbish heap—and charred ones at that?” 3 Tobiah the Ammonite, who was standing beside him, remarked, “That stone wall would collapse if even a fox walked along the top of it!”*”



If we pay attention to these discouraging voices that questions the power of our God, we may just end up believing their words.

To deal with it, do as Nehemiah and David did, **SPEAK ONLY TO GOD**

Nehemiah 4:4 “Then I prayed, “Hear us, our God, for we are being mocked.”

Psalm 3:3-4 KJV “*3 But you, O Lord, are a shield around me; you are my glory, the one who holds my head high. 4 I cried out to the Lord, and he answered me from his holy mountain.*”

Always lift up our own voice to **God** to counter and silence discouraging voices.



Psalm 38:6 *6 I am troubled; I am bowed down greatly; I go mourning all the day long.”*

Psalm 46:1 “God is our refuge and strength, a very present help in trouble.”

NLT “God is our refuge and strength, always ready to help in times of trouble.”

God is able to lift your head up high, and like David, we can turn to God and know that He can lift us up, and find courage and hope in Him.”

God is always ever present.



- ❑ God, is the glory and the lifter of our head
- ❑ God never loses sight of our case, no matter the state that you are in
 - ❑ It is always in His view
- ❑ David had numerous occasion through his pre and post king life that should keep his head down

Some of these are listed in:

1 Samuel 16:1-13

1 Samuel 19:1, 11, 12

2 Samuel 16



1 Samuel 16:1-6 *“And the Lord said unto Samuel, How long wilt thou mourn for Saul, seeing I have rejected him from reigning over Israel? **fill thine horn with oil, and go, I will send thee to Jesse the Bethlehemite: for I have provided me a king among his sons.** 2 And Samuel said, How can I go? if Saul hear it, he will kill me. And the Lord said, Take an heifer with thee, and say, I am come to sacrifice to the Lord. 3 And call Jesse to the sacrifice, and I will shew thee what thou shalt do: and thou shalt anoint unto me him whom I name unto thee. 4 And Samuel did that which the Lord spake, and came to Bethlehem. **And the elders of the town trembled at his coming, and said, Comest thou peaceably?** 5 And he said, Peaceably: I am come to sacrifice unto the Lord: sanctify yourselves, and come with me to the sacrifice. **And he sanctified Jesse and his sons, and called them to the sacrifice.**”*



1 Samuel 16:7-11 *“7 But the Lord said unto Samuel, Look not on his countenance, or on the height of his stature; because I have refused him: for the Lord seeth not as man seeth; for man looketh on the outward appearance, but the Lord looketh on the heart. 8 Then Jesse called Abinadab, and made him pass before Samuel. And he said, Neither hath the Lord chosen this. 9 Then Jesse made Shammah to pass by. And he said, Neither hath the Lord chosen this. 10 Again, Jesse made seven of his sons to pass before Samuel. And Samuel said unto Jesse, The Lord hath not chosen these. 11 **And Samuel said unto Jesse, Are here all thy children? And he said, There remaineth yet the youngest, and, behold, he keepeth the sheep. And Samuel said unto Jesse, Send and fetch him: for we will not sit down till he come hither.***



1 Samuel 16:12-13 “12 And he sent, and brought him in. Now he was ruddy, and withal of a beautiful countenance, and goodly to look to. And the Lord said, Arise, anoint him: for this is he. 13 Then Samuel took the horn of oil, and anointed him in the midst of his brethren: and the Spirit of the Lord came upon David from that day forward. So Samuel rose up, and went to Ramah.”



David – Reason To Walk With Head Down

1. He Was The One Chosen To Tend His Fathers Sheep
2. He Was Not Acknowledged By His Father

Through it all, David was learning from the Lord - David experienced early rejection to help him prepare, and deal with any future rejection as a king

1 Samuel 19:1, 11, 12 *“1 Now Saul told Jonathan his son and all his servants to kill David. 11 Then Saul sent men to David’s house to watch him, that he might kill him in the morning. But David’s wife Michal told him, “If you do not save your life tonight, tomorrow you will be killed.” 12 So Michal let David down through a window, and he ran away.”*



3. David was already king, as God had already rejected Saul, but could not sit on his throne because he was on the run from Saul
4. David overcame the challenge of Saul and sat on his throne as king, but had to be on the run from his own son Abasalom

Through every situation, you can bank on **THREE GUARANTEES** from God

He will be your defence

He will lift you up, and you will end up in joy

No matter how low your state may be in today, you can enjoy all these through faith in Him.



Thank You