

Two cheerleaders with blonde hair, wearing green and white checkered uniforms with white collars and green bows, are smiling and holding up green 'PSALM' candy bars. The background is a solid green color. The candy bars have the word 'PSALM' in white capital letters on a black background.

PSALM

PSALM

Psister Psalms

Living in Troubled Times

Psalm 3 & 16



LORD, HOW MY FOES INCREASE! There are many who attack me. Many say about me, “There is no help for him in God.” But You, LORD, are a shield around me, my glory, and the One who lifts up my head. I cry aloud to the LORD, and He answers me from His holy mountain. I lie down and sleep; I wake again because the LORD sustains me.

I am not afraid of the thousands of people
who have taken their stand against me on
every side. Rise up, LORD! Save me, my God!
You strike all my enemies on the cheek; You
break the teeth of the wicked. Salvation
belongs to the LORD; may Your blessing be on
Your people.

Psalm 3

The truth is not up for popular opinion (v.1-2)

True & powerful help comes from on high (v.3-4)

The lord gives rest to the weary (v.5-6)

Salvation belongs to the Lord (v.7-8)

Protect me, God, for I take refuge in You. I said to the LORD, “You are my Lord; I have no good besides You.” As for the holy people who are in the land, they are the noble ones in whom is all my delight. The sorrows of those who take another god for themselves multiply; I will not pour out their drink offerings of blood, and I will not speak their names with my lips.

LORD, YOU ARE MY PORTION and my cup of blessing; You hold my future. The boundary lines have fallen for me in pleasant places; indeed, I have a beautiful inheritance. I will praise the LORD who counsels me— even at night my conscience instructs me. I keep the LORD in mind always. Because He is at my right hand, I will not be shaken.

Therefore my heart is glad, and my spirit rejoices; my body also rests securely. For You will not abandon me to Sheol; You will not allow Your Faithful One to see the Pit. You reveal the path of life to me; in Your presence is abundant joy; in Your right hand are eternal pleasures.

Psalm 16

Believers have a sense of abandon (v.1-2 & 5-6)

Purity in troubled times is essential (v.3-4)

Counsel & wisdom are the Lords (v.7-8)

Joy, rest & life are in His hands (v.9-11)

What About You?

Do you seek peace for another source?

Is it you & the Lord against the world?