**Let Go and Let God**

(Psalms 3:1-8 KJV)

*Lord, how are they increased that trouble me! many are they that rise up against me. Many there be which say of my soul, There is no help for him in God. Selah. But thou, O LORD, art a shield for me; my glory, and the lifter up of mine head. I cried unto the LORD with my voice, and he heard me out of his holy hill. Selah. I laid me down and slept; I awaked; for the LORD sustained me. I will not be afraid of ten thousands of people, that have set themselves against me round about. 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. Salvation belongeth unto the LORD: thy blessing is upon thy people. Selah.*

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ou can almost feel a sense of panic as this psalm starts. You can hear the exhaling and inhaling of breathes of anxiety as his chest rises and falls. The person in whom we speak of is David; a man after God’s own tender heart. Whichever way he turns there seems to be a multitude of enemies pressing in ready to attack him. The enemy is not only numerous but constantly multiplying against him. The enemy is rising up against David to confront him in order to strike him down. In addition, his adversaries are saying that deliverance or help will not intervene to deliver him this time.

We all face times of trouble, turbulence and turmoil. It is part of our human condition that things don’t always go the way we want them to go. It is important to remember that a person is not defined by the amount of trouble they have experienced in their life. Rather, a person is defined by how they respond to that trouble. Do we meet difficulties with faith or with despair? Do we place our trust in God or abandon all hope? Do we respond to circumstances with calm assurance or with agonizing worry? David made a choice how he would respond to his conflict.

 David was one of many people in the bible who had more than his share of trouble:

* He was pursued by King Saul;
* He barely escaped several assassination attempts;
* He had to spend much time hiding in the wilderness;
* His entire family was taken captive;
* His friends revolted against him and were ready to kill him;
* He suffered the shame of having committed adultery and murder;
* His son Amnon raped his daughter Tamar;
* His other son Absalom murdered Amnon;
* Absalom led a revolt against him as father;
* Absalom himself whom he loved was killed, much to David’s grief.

 David was certainly a man with many problems. Yet somehow, he survived them all and has come to be remembered as “a man after God's own heart.” How was he able to do this? Answer! He had the Lord on his side.

1. **David’s Expressible Discovery:**

The penning of this particular Psalm occurred during a time when David fled from his son Absalom. It seems according to (2 Samuel 15:1-16), that Absalom knew David intended Solomon to be heir of the throne. So Absalom conspired to gain the favor of the people, and deliberately devised a plan to execute his father. He obtained derogatory advice to rebel against David from Ahithophel. Ahithophel was a counselor of King David and a man greatly renowned for his sagacity. At the time of Absalom’s revolt he deserted David and espoused the cause of Absalom to kill his father.