

## **Psalm 3**

[Psalm of David when he fled from Absalom his son]

<sup>1</sup> LORD, how they have increased who trouble me!

Many are they who rise up against me.

<sup>2</sup> Many are they who say of me,

“There is no help for him in God.” *Selah*

<sup>3</sup> But You, O LORD, are a shield for me,

My glory and the One who lifts up my head.

<sup>4</sup> I cried to the LORD with my voice,

And He heard me from His holy hill. *Selah*

<sup>5</sup> I lay down and slept;

I awoke, for the LORD sustained me.

<sup>6</sup> I will not be afraid of ten thousands of people

Who have set themselves against me all around.

<sup>7</sup> Arise, O LORD; Save me, O my God!

For You have struck all my enemies on the cheekbone;

You have broken the teeth of the ungodly.

<sup>8</sup> Salvation belongs to the LORD.

Your blessing is upon Your people. *Selah*<sup>1</sup>

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<sup>1</sup> Notes from Orthodox Study Bible: Psalm 3 is used throughout Christendom as a morning prayer, and so serves as the first of six psalms of the Matins service. This Psalm originally referred to David himself, for the expression “Many are they who rise up against me” speaks of those who had previously belonged to the faithful, but were now rebelling against him. the psalm refers also to humanity in general, which has sinned and was delivered to spiritual enemies, yet is ultimately saved by God. “I awoke” refers to our resurrection; “arise, O Lord refers to Christ’s Resurrection.