

Unshaken
*2 ancient songs that teach us
the secret to winning through struggle*

John 2:17 (*kjv*)

Psalm 3 — Faith in the Face of Fear
Psalm 69 — Faith in the Furnace of Suffering

Psalms 3 (*niv*)

A psalm of David. When he fled from his son Absalom.

1 LORD, how many are my foes! How many rise up against me!
2 Many are saying of me, “God will not deliver him. ”
3 But you, LORD, are a shield around me, my glory, the One who lifts my head high.
4 I call out to the LORD, and he answers me from his holy mountain.
5 I lie down and sleep; I wake again, because the LORD sustains me.
6 I will not fear though tens of thousands assail me on every side.
7 Arise, LORD! Deliver me, my God!
Strike all my enemies on the jaw; break the teeth of the wicked.
8 From the LORD comes deliverance. May your blessing be on your people.

Psalms 69 (*niv*)

For the director of music. To the tune of “Lilies.” Of David.

1 Save me, O God, for the waters have come up to my neck.
2 I sink in the miry depths, where there is no foothold.
I have come into the deep waters; the floods engulf me.
3 I am worn out calling for help; my throat is parched.
My eyes fail, looking for my God.
4 Those who hate me without reason outnumber the hairs of my head;
many are my enemies without cause, those who seek to destroy me.
I am forced to restore what I did not steal.
5 You, God, know my folly; my guilt is not hidden from you.
6 Lord, the LORD Almighty, may those who hope in you
not be disgraced because of me; God of Israel,
may those who seek you not be put to shame because of me.
7 For I endure scorn for your sake, and shame covers my face.
8 I am a foreigner to my own family, a stranger to my own mother’s children;
9 ***for zeal for your house consumes me***, and the insults of those who insult you fall on me.

Psalms 69 (*niv*) (continued)

10 When I weep and fast, I must endure scorn;
11 when I put on sackcloth, people make sport of me.
12 Those who sit at the gate mock me, and I am the song of the drunkards.
13 But I pray to you, LORD, in the time of your favor;
in your great love, O God, answer me with your sure salvation.
14 Rescue me from the mire, do not let me sink;
deliver me from those who hate me, from the deep waters.
...
29 But as for me, afflicted and in pain— may your salvation, God, protect me.
30 I will praise God’s name in song and glorify him with thanksgiving.
31 This will please the LORD more than an ox, more than a bull with its horns and hooves.
32 The poor will see and be glad — you who seek God, may your hearts live!
33 The LORD hears the needy and does not despise his captive people.
34 Let heaven and earth praise him, the seas and all that move in them,
35 for God will save Zion and rebuild the cities of Judah.
Then people will settle there and possess it;
36 the children of his servants will inherit it, and those who love his name will dwell there.

Practical Application for your daily life:

- When life hits hard, ask:
 - “Where is God inviting me to trust?” (Psalm 3)
 - “Where is God inviting me to worship anyway?” (Psalm 69)
- Then do the opposite of what fear tells you to do:
 - Fear says *run* — Faith says *rest*.
 - Shame says *hide* — Worship says *sing*.
 - Pain says *quit* — Grace says *stand*.

