I. **Occasion for the Psalm**
Title: “A Psalm of David when he fled from Absalom his son.” You will remember the sad story of David’s flight from his own palace, when in the dead of the night, he forded the brook Kidron, and went with a few faithful followers to hide himself from the fury of his rebellious son, Absalom – C H Spurgeon, The Treasury of David

II. **The Cry verses 1-2**
A. What are the many trials of life?

B. Why are there many trials in the Christian life?

III. **The Helps verses 3-4**
God is…
A. A Shield about me

B. My Glory

C. Lifter of my head

D. Hearer of my prayer
IV. The Rest verses 5-6
   A. In the Lord

   B. In the midst of many thousands “trials”

V. The Cheers aka Celebrations vs 7-8
   A. Deliverance

   B. Salvation