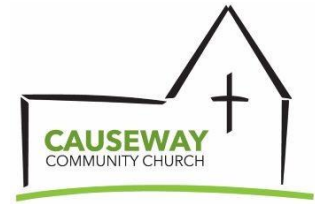


# PSALM 3

SUNDAY 26th JULY



## BIBLE

### PSALM 3

Ask God for help for yourself and the church as we read His word.  
Read Psalm 3.

## LISTEN

### SERMON BY SPENCER

Click [here](#) to listen to a sermon on this passage.

## REFLECTION

### QUESTIONS AND NOTES

- What do people tend to fear or be anxious about?
- What are the different ways that people deal with them?

#### Context and fears

- Look through 2 Samuel 15-17.
- What happened?
- What might be the fears that David is facing?
- v2 says "Many are saying of me, 'God will not deliver him'"
- How might David react to these claims?
- In what circumstances are we tempted to think that God can help in this?

#### Confidence in God

- What images does David pray in v3-4 to show the confidence he has in God?
- Take each image at a time and meditate on what each means and the impact it has.

#### Consequence of praying and trusting

- In v 5-6 David sleeps while still surrounded by danger. Why and how does he do that?

- How might we know when we are straying from a right vigilance to a hyper vigilance? Why do we move to hyper vigilance?
- How can we pray when we are faced with fear?
- Why does David end the Psalm speaking of the people?

Jesus and us

- How does this Psalm point to Jesus? How would he pray this Psalm?
- How can we pray this Psalm 'in Christ'?
- What help from God should we expect in our fears?
- How do our fears and reaction to them reveal what our worth is placed in?

Summarise and Apply

- What in this passage leads us to worship Jesus?
- What do we learn about ourselves from this passage? How does it lead us to give thanks or repent?
- How might this help us share the good news with our friends and neighbours who don't know Jesus?

## PRAYER

### RESPOND TO GOD IN PRAISE AND PLEADING

Use psalm 3 to help you structure your prayers. Pray in response to the passage, for yourself, the church and others.