



## SERMON STUDY GUIDE

“PSALM 3” ON JUNE 9 AND 12, 2022

### CONNECT

How did last week’s passage we read/discussed affect your week?

### DISCOVER: PSALM 3

- What did the passage say (in your own words) or what impacted you/did you take away from the sermon this week?
- How does this passage or did the sermon point you to Jesus (teach us about Jesus)?
- Did you find anything challenging about this passage (words you didn’t understand, phrases that didn’t make sense, etc.)?

**PSALM 3:** King David wrote this psalm not from his throne of power, but from a place of hiding as he ran for his life. Not only was his own son Absalom seeking to kill him and take his throne, but a host of David’s own people had joined Absalom’s cause. David’s circumstances were dire, but he responded by depending on God’s strength and mercy rather than his own devices. His example of seeking God FIRST and trusting Him in every situation gives us hope and encouragement!

**HELP! In Psalm 3 Vs 1-2, David cries out to the Lord about his plight. He is surrounded by thousands of adversaries and is defenseless.**

- Have you, like David, ever found yourself in seemingly impossible circumstances because someone deceived or betrayed you, or because you were placed in an undignified circumstance for which you could see no easy resolution? What did that loss feel like? How do you think David felt when he began this psalm?
- How do you respond when your circumstances become difficult? Where do you turn first? Is your initial response based on your feelings, or are you able to step back and think through your circumstances? What difference can that make in the outcome?

**However, verse 3 presents a very important word describing David’s first response to his situation: BUT.....**

- David revealed his response in verse 3 when he said, “BUT” – what do David’s descriptions of the character of God mean to you in your life – is He a ‘shield around you,’ does He ‘bestow glory on you,’ and does He ‘lift up your head?’ What do those phrases mean to you? Can you describe times when you have felt God’s nearness in these ways?
- How do you think David was able to trust God as his shield and source of strength and comfort? What had already happened throughout his life to allow him to respond this way in these threatening circumstances? How can you apply that to your own life?
- God used David in mighty ways in his life, but he had to experience consequences for some bad decisions! We have all experienced consequences from making poor decisions. How readily do you ask God for forgiveness, and how do you face consequences of your decisions? What can you learn from David’s life?
- David expresses confidence in the Lord, His Sustainer and Protector in verses 4-6. How does David’s reassurance encourage you in challenging times?

**In verses 7-8, David moves forward in his fear, trusting in God’s justice to deliver him and strike down his enemies. From his position of crying “Help!” earlier in the psalm, David now declares that salvation belongs to the Lord, then he goes a step further, asking God’s blessing on His people. His self-focused cry for deliverance becomes an others-focused praise of the greatness of God.**

- How do you think David felt after pouring out his heart in this psalm?
- What can we learn from David’s words from the beginning to the end of this psalm? How can we apply his own words to our times of need and move forward in our fear?



## SERMON STUDY GUIDE CONT.

- Jason made this statement: “When I say ‘HELP!’ it is the pathway to GRACE.....to HEALING RELATIONSHIP...to RESTORATION.....to OVERCOMING.” Can you describe a time when you saw that happen in your own life or in the life of someone near you? How does that help you love God and love the people in your world?

### RESPOND

- How does this passage encourage you, challenge you, or change you in your efforts to become more like Jesus?
- What is one thing you learned about yourself from God’s Word? How will you respond in obedience this week?
- Who is someone you can have a conversation with about what Jesus is doing in your life or invite to join you at a CU Church gathering.

### PRAY

... for each other and spend time praising God. Pray that he will show you how to better love God and love people.