

**Psalms of Summer**  
**Psalm 3 AM**  
**6/14/2026- Pastor Zach**

**Connect:** Where have you woken up at 3:00 am and had conversations with God?  
Where do you feel the lack of control in your life?

**Engage:** Reread Psalm 3 . What stands out to you ?

Fear has a voice – it speaks to us with “what if scenarios” it has a megaphone  
Fear grows in the shadow of avoidance – but courage begins the moment we take even the smallest step of faith – where do you need to have courage and take a step of faith this week?

Zach gave us 3 thoughts

1. Courage is not the absence of fear. It is learning how to bring our fear to God.
  - a. Where do you need to bring your fear to God? Where do you need to rest in God?
  - b. WE live in these in lies from Satan
    - 1 God is done with you, God is not coming, God does not care, Your failure is too great. Which one do you of these lies do you listen too?
  - c. Laments – Where do you need to lament?
2. Looking away from the Storm.
  - a. Vs 3. Where do you experience anxiety? What is God asking you to do with that Anxiety?
  - b. Can you trust that the Lord has a vantage point that I can't see?
  - c. Fear says, “what if”, Faith says, “But God”
  - d. David had many fears – death, abandoned, lack of provision, uncertainty, rejection, being shamed, meaninglessness – Do any of these resonate with you and what is God asking you do with those feelings?
  - e. In Christ, I am safe, secure, accepted, my future is secure, I am known and forgiven. Which one of these is the most comforting right now for you?
3. Receive the gift of Rest  
Can you rest in the knowledge that God has it in control or are you still trying to control the outcome?

**Apply:** There were 5 suggestions for us.

1. Bring the voice of fear before God
2. Refuse the lies that fear brings
3. Rehearse who God is
4. Rest in God's care
5. Walk in the way of Love

Which one of these is an invitation for you this week? What is the Lord asking you to do in light of this sermon?

