



## **Psalm 3:**

[A Psalm of David, when he fled from Absalom his son.]

*O LORD, how many are my foes!  
Many are rising against me;  
2 many are saying of my soul,  
“There is no salvation for him in God.” Selah  
3 But you, O LORD, are a shield about me,  
my glory, and the lifter of my head.  
4 I cried aloud to the LORD,  
and he answered me from his holy hill. Selah  
5 I lay down and slept;  
I woke again, for the LORD sustained me.  
6 I will not be afraid of many thousands of people  
who have set themselves against me all around.  
7 Arise, O LORD!  
Save me, O my God!  
For you strike all my enemies on the cheek;  
you break the teeth of the wicked.  
8 Salvation belongs to the LORD;  
your blessing be on your people! Selah*

## **Questions for personal reflection and/or discussion:**

1. We all know that some families are quiet and reserved in how they express their emotions. And there are other families that tend to be louder in expressing their emotions. What kind of environment did you grow up in? How did your upbringing influence how you express your emotions, if any?
2. The Psalms introduce a middle ground in how to deal with our emotions. Instead of keeping our emotions to ourselves (bottling them up) or allowing our emotions to get out of control, the Psalms invite us to fully express our emotions to God and to pray through our feelings with Him. How might this kind of prayer life grow your relationship with God? Additionally, how might this kind of prayer life reap benefits for you and your family members?
3. In Psalm 3, David prayed through his fears in a way our prayers can emulate. What did David pray first in verses 1-2? What fears might you want to address before God at this time?
4. In verse 3, David begins by saying, “But you, O Lord, are....” As you consider the list of fears you have brought before God, what words might you use after, “But you, O Lord, are...?” (Example: If you’re fearful or anxious about matters at school or work, express the fear(s) you have. Then looking at your fear head on, think of two or three of God’s attributes that directly addresses your situation. Also, consider how Jesus’ death and resurrection addresses your fears and anxieties.
5. If you are going through a fearful and/or anxious time in your life, try writing or saying a prayer that expresses your fears and anxieties, using King David’s Psalm 3 prayer as a model.