

**Heart Cries to God: “Praying our Trouble”**  
**Psalm 3**

We are beginning our “summer series” in the book of Psalms and seeking to deepen our relationship with the Lord by crying out to Him. Our mission statement points us in this direction: We exist as a church to glorify God by making disciples who love Jesus. The many trials that we as a church are facing right now in our lives also point us in this direction. We cry out in our doubt. We cry out in our pain. We cry out in our thanksgiving. We cry out in our trust. We cry out in our longing. We cry out in our despair. We cry out in our anger. We cry out in our fear. We cry out in our praise. Wherever you are at in your life, whatever you are facing, this series is for you.

**1. Cry out to the Lord:** \_\_\_\_\_.  
(Psalm 3:1-2)

**2. Cry out to the Lord:** \_\_\_\_\_.  
(Psalm 3:3-4)

**3. Cry out to the Lord:** \_\_\_\_\_.  
(Psalm 3:5-8)

## Day by Day in the Word

“Day by Day in the Word” is a tool we use to help us in the process of becoming more and more like Jesus and ultimately to bring glory to God. The biblical principle is: The Spirit of God uses the Word of God to bring about Christlikeness.

### **Monday-Tuesday**

- Read Psalm 3 and look for key words. How would you identify the situation of the author? Start with the psalm itself and then add 2 Samuel 15-18. What is the author facing?
- David’s prayer can be divided into five sections: verses 1-2, 3-4, 5-6, 7, 8. Give each section a single word or phrase to summarize what it is saying. Do you see any progression?
- Are you experiencing a situation in which you are being overwhelmed by threatening people or circumstances? Share with the Lord what you are going through.

### **Wednesday-Thursday**

- Read Psalm 3 and identify where David places his confidence. What does he find in who God is that allows him to “lie down and sleep”? Why is there no fear?
- Deliverance/Deliver (Salvation/Save) is a key word in this psalm. What do you learn about deliverance/salvation? What actions do you find the Lord taking?
- Let’s look at God as our shield. What do you find in the following verses: Psalms 7:10; 47:9; 59:11; 84:9; 89:18; Genesis 15:1. What characteristics of God as King (protector/shield) do you find? What does this really mean that God is my shield?
- What do you observe in the following verses regarding the Lord as the shield of his people: Psalm 84:11; 91:4; 115:9-11; Deuteronomy 33:29; Proverbs 30:5?
- For further work see Psalm 18:2, 30; 28:7; 33:20; 119:114; 144:2.
- How does this help you in the situation you find yourself? Use Psalm 3 as a guide for your prayers today.

### **Friday-Saturday**

- Read Psalm 3. There is often an expression of confidence at the end of many of the psalms. See this in Psalms 6:8-10; 7:10-17; 10:16-18; 12:7; 13:5-6. What is the statement here that shows David’s confidence? Some commentators see this as a “battle cry” which unites the army and demoralizes the enemy. How could you use this in your life as a battle cry?
- How could you encourage someone today with this statement of confidence? Make plans to share what the Lord is doing in your own life through this psalm and how this statement has impacted you.