



November 17, 2024 • Psalm 3

Title: Psalms: The Language of Prayer

Remember This: You can pray through your emotions using the Psalms

Example in Psalm 3: Praying Through Our Fears

Introduction:

Psalm 3 shows us how to face fear through prayer rather than distraction. It teaches us to name our fears, refocus on what's constant, and focus on hope.

Step-by-Step Insights:

1. Name What You're Feeling

"O Lord, I have so many enemies; so many are against me." (Psalm 3:1-2, NLT)

David's Example: He's honest about his fear, naming his enemies directly.

Application: Be specific about your worries; name them to God.

2. Shift Focus from Fear to Something Constant

"But you, O Lord, are a shield around me..." (Psalm 3:3-4, NLT)

David's Example: He focuses on God as his shield and source of strength.

Application: After naming your fears, think about something constant that brings comfort.

3. Release Your Fear and Rest

"I lay down and slept... for the Lord was watching over me." (Psalm 3:5-6, NLT)

David's Example: He finds rest, trusting that God is watching over him.

Application: Where can you exchange your fear for a posture of trust?

4. Ask for Specific Help

"Arise, O Lord! Rescue me, my God!" (Psalm 3:7, NLT)

David's Example: David asks for direct help and protection.

Application: Be specific about the help you need; tell God exactly what you're hoping for.

5. End with Hope

"Victory comes from you, O Lord. May you bless your people." (Psalm 3:8, NLT)

David's Example: He concludes with hope and faith in God's victory.

Application: Resolve to see Jesus in difficult situations

Key Takeaways:

Face Fear Honestly: Begin by naming your worries.

Find Rest in God: Shift your focus and release what you can't control.

End with Hope: Resolve to see Jesus in difficult situations

Reflection Questions:

Where do you turn when you're afraid?

Where is God's constant presence in your life right now?

What scenario in your life do you need to resolve to see Jesus in?

Grace Bible Church • Message by Scott Cody

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