

PSALM 3

MAY 22, 2022



INTRODUCTION

If you feel comfortable sharing, what is one of the most difficult and trying times you have experienced?

How do your prayers change in hard times?

David wrote Psalm 3 when his own son, Absalom, revolted against him (2 Samuel 15-18). David's world had crumbled around him and many people were saying, "there is no salvation for him in God" (v. 2). David's prayer in Psalm 3 can help us in our own hard times.

DISCUSSION

> HAVE A VOLUNTEER READ PSALM 3.

Can you relate to the feeling David sensed in verse 2? In your life, have difficult situations drawn you closer to God or pushed you away from Him? Explain.

What did David pray to God in verse 3? What must he have believed to be true about God to pray this way?

What does it mean that the Lord "sustains" us?

Many use the word "glory" without thinking about what it means. Define the word "glory."

Why is "glory" something that we can only get from God (v. 3)?

As David looked back across the history of his people, how did he know that God was the only one who could lift his head?

How does Psalm 3 point us to Jesus?

How do we read these words as though they are from Jesus in the garden and on the cross? How does reading Psalm 3 this way change everything for us?

GOING DEEPER

Who do you know who is fearful and confused right now? How do the darkest days in life give us a chance to point those in the dark back to the God who loves them?

Reread verse 8. How can your story of fear in trouble point others to the God of their salvation?

APPLICATION

Why should hard times actually cause you to trust God more?

Have you ever experienced God's rest in the middle of trouble (v. 5)? Explain.

PRAYER

Thank God for protecting you, fighting for you, and saving you. Confess the struggle in trusting Him to do those things, and invite Him to help you rely on Him like David did, no matter what circumstances you face.

COMMENTARY

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3:2 Selah, which may mean “lift up,” was an instruction for the musicians and was inserted when the psalms were adapted to temple service. It could refer to an interlude during which instruments played (see 1 Ch 15:16), but its meaning is uncertain.

3:3 The line uses several metaphors—“shield” for God’s protection (Gn 15:1), “glory” for the evidence of His blessing of kingship (Ps 34:7; 91:11), and “lifts up my head” for the restoration to the throne (Gn 40:13; 1 Sm 2:7–8; Ps 110:7).

3:4–5 The report of the deliverance calls for past tense translations even though the Bible text is in the present tense: “I cried” and “he answered me,” “I lay down and slept; I woke again because the Lord sustained me.” Then, because he made it through the night, David expressed his renewed confidence and prayed for complete deliverance.

3:7 The verbs “strike” and “break” refer to completed action and may be translated in the past tense. They could refer to previous victories of the king; more likely they refer to his future victory. To David the outcome was so certain that he stated it as having already happened. This use of the verb is called the “prophetic perfect” because it often appears in prophetic literature, presenting future acts in the past tense (e.g., lit. “a child will be born,” Is 9:6; “he was despised,” Is 53:3). The language is also poetic: smashing the jaw and breaking the teeth refer to combat resulting in a convincing victory (1 Kg 22:24; Ps 58:6; Is 50:6; Mc 5:1). The figures are metonymies (substituting the Lord for the armies); this means God will deliver this crushing blow, though it is the armies who will actually fight.