

Summer Psalms 2024: Psalm 3 & 95

Sunday 30th June 2024

Welcome to Psalm 3

- What is your favourite Psalm and why?

Word

Read Psalm 3

The story of David fleeing from his son Absalom can be found in 2 Samuel 15-19. This provides context for this Psalm. Absalom has been plotting against his father King David and getting the people on his side. He then tries to overthrow his father and take the throne – David runs away.

1. What do you think is the structure of this Psalm? What are the different sections?
2. This Psalm is written at a time when David's son Absalom was trying to kill him. David had tried to win his son's affections and in doing so had not disciplined him, even after Absalom killed one of his brothers. In a sense then, David has brought this anguish upon himself. Where does David's confidence then lie? What is the basis of this confidence?
3. In what ways does God protect the Psalmist from his foes? What are our expectations of God's protection today?
4. What does the Psalmist ask God to do to his enemies?
5. In verse 7 how can David ask such things of God?
6. In verse 8 what comes from the Lord? What form does this take for Israel at the time? What do you think it means that when he says, "May your blessing be upon your people"?

Challenging Us:

7. Why do you think God still protects David even though David had brought this upon himself?
8. Why do you think it is difficult for us to have the same kind of confidence in God as David? How does this Psalm make you feel?
9. Through the prayer that David prays the glory goes to God. Where can you see this in the Psalm? How can we direct glory to God in our lives?
10. What things are rising up against you that make life difficult, sad, tiring or maybe that bring shame? How can we develop the same kind of confidence in God as David?
11. What 'enemies' do you have that are also enemies of God? How can you pray for them?

Worship & Witness

- Continue to pray for those people who are on your frontline
- Pray that God will protect you
- Thank God for the way he has protected you in the past
- Pray for those people you know who need God's protection just now

You could take some time reading your favourite Psalms as shared earlier.

A Prayer to read:

We are grateful that you hear our prayer and our cry for protection. We thank you that we are sustained by you as we put our trust in you while we wait for the return of Jesus. Even when we are oppressed with grief and difficulty we ask that by your Spirit you will remind us of your deliverance and your blessing us with redemption through your Son.

Amen.

Welcome to Psalm 95

- What do you do to help you get to sleep, especially when you're finding it difficult to sleep?

Word

Read Psalm 95

1. What do you think is the structure of this Psalm?
2. What ought to be our response to verses 3-5? Is this something you find easy to do?
3. Why are we told to bow down in worship in verse 6?
4. What do you think we are being asked to do in verse 6 when we bow down?
5. What happens when we hear God's voice (verse 7b)?
6. How do we soften our hearts in corporate worship?

Challenging us:

7. What are the elements of corporate worship seen in this Psalm? What do we do in worship that does not facilitate this?
8. How do you understand God's rest (verse 11)?
9. What does it mean to harden your hearts? In what ways can we do this?
10. What priority do the elements of this Psalm, that is, adoration, confession, submission to God and the Word, have in your life? Where ought we express them?

Worship & Witness

- Continue to pray for those people who are on your frontline
- Pray for those people you know who need God's peace and rest
- Thank God for his grace

A prayer to read:

Father, how I need rest! I am weary with obeying the dictates of my fears, my drives, my need for approval and control. I need the deep peace of soul that comes when I stop trying to earn my salvation through my works and rest in your Son's finished work of salvation for me.

Amen