

### **Psalms 3 and 4**

These three psalms, along with psalms 5 and 6, are joined together by a number of characteristics. They all are morning or evening prayers. They all have to do with suffering that enemies bring. They might have been written while David was fleeing from his son Absalom.

### **Psalm 3**

David cries out that his foes seem numerous and threatening. Why would some say that God will not deliver him? What would it mean if God refused to deliver him? How might our enemies make us feel this way at times?

David says that the Lord is a shield around him and he cries out to him for help when he feels down and out. How had he experienced this before in his life? What is his confidence based in? Why is this important for us to know and see?

David makes some strong requests against his enemies in verse 7. Why would he use such strong language? David was the Lord's anointed king over Israel. What does his interaction with Saul tell us about why he might feel this strongly against his enemies?

#### **Psalm 4**

The title of this psalm could be “My Righteous God, Give Me Relief”. When have we felt like crying out for relief from our distress? Why should we appeal to God and his mercy when we do this? What point does David make about fighting against God and against his plans?

David turns his advice to his friends in verse 4. What does he mean when he says in your anger do not sin? Why is this practical advice? How can we actually implement this in our own lives?

The people around David seemed like they were giving up at the time he wrote this psalm. How does David encourage them to keep on going? Why do we sometimes need this encouragement? What makes it a good encouragement for us?