

# PSALM 3

## DISCUSSION GUIDE

Here are some questions and thoughts to help guide discussion:

1. What has been your personal experience with the Psalms? What are you most looking forward to about this series?
2. Did the comments regarding mental illness and sadness strike a chord with you? How have you tended to process sadness and grief in your life? Do you think that the church, by and large, has done a good job of helping Christians walk through these experiences? Why or why not?
3. David's first reaction to his circumstances is honest prayer. When you experience difficulty, how soon does prayer become a part of the process? What kinds of prayers do you tend to pray? Does David's example prompt you to make any changes to that process?
4. David followed up his prayer with a worship-filled reminder of who God is and what God has promised. His hope was clearly grounded in God's covenant promises to him (2 Samuel 7:9-16). What are some characteristics and promises of God that we would do well to remember when we suffer? (See Romans 8:18-39 for some ideas.)
5. Can you think of a time when you experienced God's peace and sustaining grace *in* the middle of a difficult circumstance? Would you be willing to share that story as an encouragement to your group?
6. The "salvation" David looked for (verse 8) included being delivered from physical as well as spiritual danger. When we suffer today, what is the salvation that we ultimately seek? (See Hebrews 9:28, 2 Thessalonians 1:5-10, Romans 8:23). How should this hope have an impact on the way that we suffer?