

Small group optional guide: Psalm 3; God's playlist

UP; we grow in our love for Jesus through His word and worship

WORSHIP:

Blessed be your name - How deep the Fathers love - Another in the fire - God I look to you

WORD

Today is on Psalm 3, and this has a title that expresses the distress that David was going through.

>> *psalms written about Jesus to be sung by the church* <<

- Expectation to gain new language in how we pray, perhaps through pain...like David was going through.

Background: 2 Samuel ch 13&14 David's family sin; his oldest son rapes his step sister, David's other son (Absalom) kills his brother. 2 Samuel 15 Absalom decides to overthrow his dad (David), turning people against his own dad and David has to flee.

>> "selah" seems to be an encouragement to pause and allow something to sink in, maybe a moment of a key change to announce a nobler thing <<

V1-2 David pours out his anguish before God (Q) how often do we do this before we share with others or try to find solutions or comfort elsewhere?

- Note that not all feelings are true! The enemies chief aim is to convince you that even God doesn't care or love you!

V3-4 nothing has changed but David brings TRUTH (you can wallow into more of v1-2...but SELAH instead!)

- This is not clutching at straws, David is declaring truth whether he feels it or not. Truth will always do you good.

V5-6 he is able to lay down, stop living in fear - he is in TRUTH

V7 you are allowed to pour out your frustration/anger

V8 salvation belongs to the Lord

(... WORD continued) The glory of the gospel is that Jesus ultimately experienced all the pain and suffering that all psalms speak of...so that each of us can be given ultimate freedom, deliverance and healing because of his death and through his name.

- Pray your own psalm 3 (what's going on? What hurts? What is true? Now request! **SELAH!!** Salvation belongs to the Lord!

IN; we connect and learn to love one another

key words from Sunday:

Emma: the wilderness is not a fun space to be, I believe that there is space this morning for God to break out the miraculous. In the bible people were healed, fed, anointed in the wilderness.

Julian: when I play tennis I have to keep reminding myself 3 things;

- 1) Relax - God is so good, don't be tense
- 2) Steady - He is a strong tower
- 3) Confident - He gives us a boldness to be part of this army

>> do you feel like you are in a wilderness place and need the miraculous to break out? Do you need to know His peace, His calm, His strength?

OUT: we look to pray, witness and serve

Spend 10 minutes breaking into groups and coming up with ideas of what we could do this term to reach out and welcome in, those who do not know Jesus:

- a social, bring and share meal?
- a prayer walk offering to pray for those you meet?
- a street by street invitation to come Easter Sunday and hear Terry Virgo share the gospel?