



#### Getting Started:

- What is something you are afraid of that others are not? Why is this a fear?
- If you had a chance to go to a warmer climate, where would you go and what would you do?

#### Going Deeper:

- What is God showing you this week as you read his Word and pray?
- What decisions or life struggles do you need Biblical direction or prayer for?

#### Message Summary

Psalm 3:1-8

February 14, 2021

This week, we had the privilege of hearing from Pastor Robert. He brought us the third installment in our series on the book of Psalms. This psalm is penned by David during a time of great fear. He is running for his life from his son Absalom (who is trying to kill him and take the throne in a coup). To make matters increasingly dangerous, Absalom has thousands of people supporting him in his attempt. These events are believed to be in response to David's adulterous relationship with Bathsheba and the murder of her husband (which was an attempt to cover it up). You can't help but sense David's fear as you read his words in this psalm.

The first thing we see is to overcome fear, we must not listen to its voice. *“One of the hardest things to keep in mind about fear is that so much of it is based on the unknown. In fact, it has been said that 90% of what you fear won’t happen.” -or- “So much of what we fear is based on false evidence that looks real to us.”* The truth is that fear can speak into our lives at any moment and cause our world to spin out of control. This is extremely difficult because we believe that we are in control of our lives. Now, we can control some aspects of this life - but generally speaking, we are not in control. James makes this clear when he refers to our lives and very existence as a puff of smoke that appears for a short time and then vanishes. David understands this, refuses to listen to the voice of fear and instead relies upon his personal relationship with the Lord. Even though the voice of fear is saying that God has abandoned him and his life is in danger (which it really was), he trusts that the God who brought everything into existence cares for him and will protect him. As Christ followers, we need to do as David did and refuse to listen to the voice of fear. We learned that, in the times when the voices of fear are speaking, we need to just pause and remember the truth that we are a child of God and we can rely on him and not ourselves.

The second thing we can do to overcome fear is to remember God’s faithfulness in the past. David used the imagery of a shield that would frustrate the enemy and protect him. *“In our passage, the LORD is viewed as offering complete protection for His people in times of trouble which is why many of our translations read, “a shield around me.”* The question posed to us was *“Do you view him as your shield, protecting you on all fronts in your struggles? Or do you question either his ability or desire to protect you?”* David has no doubt in God’s ability. He trusts him to protect him on all fronts even though things look bleak. He also acknowledges that any glory he has obtained comes from God. *“So with that glory under attack, he recognizes that his only hope is in the unimpeachable honor and dignity supplied and guaranteed by Yahweh alone. Knowing that the LORD is his only hope of survival, even as he is running for his life, David places all of his confidence in the One whose glory is greater than any human glory.”*

David continues to remember God’s faithfulness in the past by describing God as the lifter of his head. In David’s day, this was a Hebrew expression of confidence. For someone to lift up their own head was a sign of arrogance and pride in their own accomplishments and self-sufficiency. In doing this, David shows that he understands his own vulnerability in his circumstances and *“turns to the true source of glory and the one who establishes human dignity, being the LORD himself. God will exalt whoever he wants when he wants because He is sovereignly in control of all things. His plans can not be thwarted!”* The reason David has this kind of confidence is revealed when he refers to “His Holy Hill” (or Zion); meaning a place where God rules and reigns. His trust in the middle of his fear is in the understanding and acceptance that God is sovereign and in control of all things. This should bring us comfort today as well no matter what we are facing.

All David has to do is look back on all that God has done for him. As he does, he sees that God has always shown up to rescue and sustain him. He knows that God is the only one worthy of his trust, and he will continue to protect him in the future no matter what he faces. We learned the biggest

reason for David's confidence is his relationship with God that has developed over their years of interactions together. This should challenge us to reflect on our relationship with God and look back on the many times and ways he has protected, cared for, and sustained us over the years for his good and his glory. We know that David believed in a big God when he proclaimed that "he is not afraid!" even though he is facing many thousands of people. Should we not also have this kind of faith no matter what trials and struggles we may encounter?

The psalm closes with one more way to overcome fear and that is to call out for God's help expecting him to act. *"With his back against the wall, and remembering God's sovereign authority over all things, and his faithfulness to David in the past, David does the only thing he knows to do which is to call out for God's help, expecting him to act."* What David asks of God may seem violent, but it is a request for God to humble his enemies. This also should give us hope because it shows us that no matter where the enemies come from, God will be victorious. The Psalm ends with *"Salvation belongs to the Lord; your blessing be on your people! Selah"* What David desires most in writing this is that the one who brings all things into existence and is in control of all things is glorified. This must be our desire as well—to see Jesus glorified for what he accomplished through his life, death, and resurrection. *"And because we know how this story ends, as we do life in a fallen world, let's do our best to give our fears over to One who promises to protect us and be the Lifter of our heads...Because we serve a Big God who loves us and is sovereignly working all things together for our good and his glory (even though at times it makes no sense to us!). And because we are convinced of that truth, in spite of our fears, we will continue to look forward to the day when our Salvation is realized no matter what this life throws at us. This should be our mindset when fear wants to overwhelm us."*

## DISCUSSION & APPLICATION QUESTIONS

Take a moment to read our sermon text:

Psalm 3:1-8

After briefly reviewing the message summary, use these questions to further examine the sermon and to discuss how these truths apply to daily life, so we can “be doers of the word, and not hearers only” (Jas.1:22). Based on your knowledge of the people in your life group, select the questions that will best help you frame the group’s discussion of this sermon and sermon text.

### GENERAL SERMON QUESTIONS

1. What do you think is the key message of these verses? Explain why you think this.
2. After hearing the message and reading the scriptures, what was your biggest takeaway and why?
3. In what ways do these truths, which were written thousands of years ago, apply today?
4. Which point in the sermon spoke to you the most? How did it affect you?
5. In what ways do these passages point to Christ? What can we share with others about him from what we just heard and read?

Read Psalm 3:1-8, 2 Sam 15:13-14, 2 Sam. 13:19–39, Gen. 3:1, James 4:14,  
Point 1: To Overcome Fear...Do Not Listen to its Voice (Vv. 1-2)

1. Why was David so afraid? What were the voices saying?
2. What did we learn fear stands for? Why can listening to the voice of fear be a bad thing?
3. What role does feeling in control of every situation play when we are struggling with fear?
4. Where did David put his trust? Who does he say is in control at all times? Why do you think we struggle so much with this idea today?

Read Psalm 3:6, 1 Sam. 2:7–8; Ps 103:7–9, Rev. 14:1

Point 2: To Overcome Fear...Remember God’s Faithfulness In the Past (Vv. 3-6)

1. What role did the relationship between God and David play in David’s confidence in God’s ability to protect him?
2. David stated that God was the lifter of his head. What did he mean by that?
3. When looking to the past, why can David find such confidence and trust in God?
4. How can looking back on our lives help us in the present as we face our fears?

Read Psalm 3:7-8, Rom. 8:29-30; Eph. 1:4-6, Rev. 21:4, 2 Cor. 4:17-18

Point 3: To Overcome Fear...Call Out For God’s Help, Expecting him To Act (Vv. 7-8)

1. What is the intent of the violent action against David’s enemy?
2. How does knowing God will always be victorious give us hope in the midst of our battle with fear?
3. If we are Christ-followers, what do we really have to fear? What did Christ’s life, death, and resurrection secure for us?
4. Are we going to avoid the bad things in this life? How can knowing - that no matter what we are facing it “*won’t last forever*” - help us get through anything this world can throw at us?

## ***The Challenge - Life Application***

- ☐ Read the passages used in this week's message. Write down any scriptures you need to be reminded of on sticky notes and place them around the house. Try to memorize as many as you can.
- ☐ Reflect on the message and ask God to give you His strength as you follow him.
- ☐ Pray that, as Christ-followers, we would reflect the change God has made in us.
- ☐ Go back and listen or watch the sermon if you missed it or you need to be reminded of its truths.

## ***Weekly Prayer Focus***

Pray for Our Church:

- Ask God to use us as instruments for His purpose and glory.
- Pray that we are a GOING church, proclaiming the gospel to the nations.
- Ask God to help each of us to live a life that reflects him.
- Pray for all of our campuses.
- Pray for our pastors and leadership here at Gateway.

Pray for Our City:

- The government and civic leaders
- Those in need in our community and the services that help them
- The fire and police departments
- Schools, students, and teachers

Pray for Our World:

- Pray for the Christ-followers in Sri Lanka, Lebanon, Cuba, Afghanistan, and Bangladesh.
- Pray for all of those who are being persecuted in harm's way for the Kingdom.
- Pray that the message of Christ will reach all of mankind.

Pray for Life Groups at Gateway:

- Pray for those who are leading our groups.
- Pray that everyone involved in our groups would continue to be rooted in the Word and connected to each other.
- Pray for relationships to grow with other Christ-followers and that we will encourage and care for one another.
- Pray for discipleship opportunities.