

## PSALM 3

### How to face the day

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- How to face the day
- How to read the Psalms
  - o my voice
  - o Christ's voice
  - o Christ's voice, and my voice as someone in Christ

### **O LORD, how many are my foes!** **(v1-2)**

- The Christ faced many foes

- Those in Christ face many foes

### **'But you O LORD' (v3-4)**

- the Christ looked to the LORD

- those in Christ are to look to the LORD

### **'I will not be afraid' (v5-6)**

- the Christ was not afraid
- those in Christ need not be afraid

### **'Arise O LORD' (v7-8)**

- the Christ was saved

- those in Christ will be saved



### **Discussion questions**

*Can you relate to the Monday morning feeling?  
How does this psalm help you? In what way is it in  
the first place about something much bigger than  
just our everyday troubles?*