

Psalm 3

Save Me, O My God

A Psalm of David, when he fled from Absalom his son.

¹ O LORD, how many are my foes!

Many are rising against me;

² many are saying of my soul,

“There is no salvation for him in God.”

³ But you, O LORD, are a shield about me,
my glory, and the lifter of my head.

⁴ I cried aloud to the LORD,
and he answered me from his holy hill.

⁵ I lay down and slept;
I woke again, for the LORD sustained me.

⁶ I will not be afraid of many thousands of people
who have set themselves against me all around.

⁷ Arise, O LORD!
Save me, O my God!

For you strike all my enemies on the cheek;
you break the teeth of the wicked.

⁸ Salvation belongs to the LORD;
your blessing be on your people!

SONGS FOR LIFE **How to face the day**

- The Monday morning feeling

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

‘But you O LORD’ (v3-4)

‘I will not be afraid’ (v5-6)

‘Arise O LORD’ (v7-8)

Discussion questions

*Can you relate to the Monday morning feeling?
How does this psalm help you?*