



WEEKLY STUDY

Summer of Psalms - Week 2

It's week two of spending the summer with the book of Psalms. The Psalms are a collection of prayer-songs that have been used by God's people for thousands of years. They touch on the full gamut of human emotion. They give us words that sound like our own, and they seem to echo the groans and cries of our hearts. We're going to change up the rhythm of our study guide for the summer and pray the same Psalm each day throughout the week. Spend extra time reflecting on God's Word to you. May these Psalms give you life and hope this summer!

Please note our prayer focus for the week in the box below. Join us in seeing what God will do as we unite in prayer.

Peace of Christ,
Pastor Mark Youngman

If you are studying with your Providence Small Group or Discipleship Group, you can share from your own daily reflections and consider the Group Discussion questions below. If you would like to get connected visit prov.church/smallgroups.

Prayer Focus:

- Pray for someone who is in a deep state of desperation and despair. Pray that they would experience the hope of God's promises to them today.

DAILY STUDY

MONDAY: PSALM 3 (NIV)

*LORD, how many are my foes!
How many rise up against me!*

² Many are saying of me,
“God will not deliver him.”

³ But you, LORD, are a shield around me,
my glory, the One who lifts my head high.

⁴ I call out to the LORD,
and he answers me from his holy mountain.

⁵ I lie down and sleep;
I wake again, because the LORD sustains me.

⁶ I will not fear though tens of thousands
assail me on every side.

⁷ Arise, LORD!
Deliver me, my God!
Strike all my enemies on the jaw;
break the teeth of the wicked.

⁸ From the LORD comes deliverance.
May your blessing be on your people.

- Many are saying God will not deliver him. David was feeling the weight of “what people say”. Whether we want to admit it or not, we face this too. *Sticks and stones may break our bones but words can also hurt us.* The words that people were saying about David struck a nerve for a man guilty of deep sin and unworthy of God’s grace. David knew that the claim of God’s abandonment should be true, and yet he trusted in God to remain faithful. How do you balance this sense of God’s undeserving love in the midst of your own failings?
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- **Prayer Prompt: Brothers and sisters, we do not want you to be uninformed about those who sleep in death, so that you do not grieve like the rest of mankind, who have no hope. ¹⁴ For we believe that Jesus died and rose again, and so we believe that God will bring with Jesus those who have fallen asleep in him. (1 Thessalonians 4.13-14)**
- *God, 100% of my hope rests in you. You have been faithful to deliver me from sin and death. Help me to live my life in response to your kindness. Amen.*

TUESDAY: PSALM 3 (NIV)

- You are a shield around me. Don’t you just love this image? When we carry a shield, it typically protects us from the front—where we hold the shield. But God’s protection is all around us. His

protection is better than any of the latest warfare technology! When have you experienced God's protection?

- **Prayer Prompt: The LORD is my strength and my shield; my heart trusts in him, and he helps me. (Psalm 28.7)**
- *God, you are the shield around me providing protection where I didn't even know I was threatened. Without you, I would have been overcome long ago. Amen.*

WEDNESDAY: PSALM 3 (NIV)

- You are my glory! On our own, we can't shine. God is the Source of majesty and beauty. This was a bold statement for a man who was also a king. I don't know many kings throughout history who have humbled themselves before God in this way, do you? All glory belongs to God regardless of our position of power. Where do you see this being lived out into today's society? What does it mean for the way you live your life?

- **Prayer Prompt: "I am the LORD; that is my name! I will not yield my glory to another or my praise to idols. (Isaiah 42.8)**
- *God, Anything good and true and beautiful in my life comes from you. You are my glory. Amen.*

THURSDAY: PSALM 3 (NIV)

- You lift my head high! Another beautiful statement from David. He was in a lowly place, run out of the palace by his own son, on the brink of defeat and possibly death. He wasn't feeling the kingly posture of grandeur. His head was not held high—except for God's faithfulness to his promises. Do you struggle to hold your own head up in times of trouble or defeat? When has God had to hold your head up for you?

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- **Prayer Prompt: “When these things begin to take place, stand up and lift up your heads, because your redemption is drawing near.” (Luke 21.28)**
 - *Lord, you are the lifter of my head. The conditions around me can cause me to hang my head in frustration, shame, or defeat. But you lift my head and help me to see the bigger picture of all you are doing to bring salvation and peace to me. Amen.*

FRIDAY: PSALM 3 (NIV)

- *I lie down and sleep. You wake me up!* Sometimes we find it difficult to sleep when the world around us becomes too much. With God, we are able to rest even in the middle of a storm. Do you ever sense a peace that doesn't match the conditions you are living in?
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- **Prayer Prompt: the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4.7)**
- *Lord, I trust in your watch through the night. You allow me to rest in spite of the “foes that assail me”. Thank you for the peace that surpasses understanding. Amen.*

SATURDAY: PSALM 3 (NIV)

- Do you ever fantasize about the defeat of your enemies? In our best moments, we would not want to fixate on these images, but we can relate on some level to David's request that God break the teeth of his enemies. It's a request to strike them down so they can't hurt him any longer. “Remove this threat.” Have you ever prayed this kind of prayer? How has God responded?
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- **Prayer Prompt: no weapon forged against you will prevail, and you will refute every tongue that accuses you. (Isaiah 54.17)**

- *God, today I pray for those who have come against me. Let me be more concerned with revealing your love and compassion than being right. Amen.*

GROUP DISCUSSION

As a group, commit to reading a Psalm each day for the next 150 days (until October). You may have received a handout at Providence that will help you to keep track. When you come together as a small group, share with one another the ways in which God is speaking to you through each Psalm.

This week: Psalms 8-14

Does this Psalm reflect your words to God?

What is God saying to you through this Psalm?

Is there something you are invited to do in response to this Psalm?