

SUMMER IN THE PSALMS PRAYER GUIDE

PSALM 3

1 Lord, how my foes increase!
There are many who attack me.

2 Many say about me, "There is no
help for him in God." Selah

3 But you, Lord, are a shield
around me, my glory, and the one
who lifts up my head.

4 I cry aloud to the Lord, and he
answers me from his holy
mountain. Selah

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

6 I will not be afraid of thousands
of people who have taken their
stand against me on every side.

7 Rise up, Lord! Save me, my God!
You strike all my enemies on the
cheek; you break the teeth of the
wicked.

8 Salvation belongs to the Lord;
may your blessing be on your
people. Selah

GOD'S PRAISEWORTHY ATTRIBUTES

God remains our God in the midst of
opposition and betrayal (v. 1)

He's a shield/protector during trouble
(v. 3)

He is the One in whom we glory (v. 3)

He lifts our head/gives us hope (v. 3)

He hears and answers our cries for
help (v. 4)

He is holy (v. 4)

He sustains us and gives us rest (v. 5)

He dispels our fears (v. 6)

He saves us/delivers us from our
enemies (v. 7)

He is the God of salvation (v. 8)

He is the source of blessing for His
people (v. 9)

I. REVERING GOD

Even though I am facing _____ (areas of opposition/battle) I
know You are my shield.

Thank You that You lifted my head and gave me hope when:

Thank You that You have blessed me already with:

II. RESPONDING TO GOD

I confess that I have listened to doubts and accusations about _____.
I surrender these and look to You alone.

I surrender my fears about _____ and am trusting You to
deliver me.

III. REQUESTING OF GOD

I trust You to be my shield today as I encounter:

Because You are my sustainer, I will not be afraid of:

Help _____ (name) to glory in You today as You lift their head to find
hope and deliverance in You.

Because You are a God who blesses Your people, I am asking You to bless
_____ (person, situation, etc.)

IV. READYING OURSELVES WITH GOD

Today I trust You to save me from the enemies of _____.
Salvation belongs to You!