

Adult Impact Study Sheet - January 28, 2024

Read **Psalm 3:1-8**; if possible from several translations.

For additional insight go to www.studylight.org and www.gotquestions.org.

NOTE: “This is the first use of ‘Selah’ [pronounced ‘see•LAH’] in Scripture....Hebraists aren't agreed whether it comes from words meaning ‘to lift up’ or ‘to be silent.’ If the first, then it might be a signal for louder voices or the lifting and blowing of trumpets, perhaps even the lifting of hands to the Lord. If the second, it could signal a pause, a moment of silence and meditation.¹” The Amplified Bible, Classic Edition says, “pause, and calmly think of that!”

1. David faced many enemies, including his son Absalom, and they were multiplying. Many were saying there was no help for David, not even God. What kind of people would say that God would never help David? Why would they say that?

Make a note of a time(s) in your life when things may have seemed hopeless, “but God!”

2. As you read of the Lord as a shield in verse 3, reflect on Psalms 139:5-6, 18:30, and 144:2, and make a note of your thoughts.

Spurgeon says, “The word in the original signifies more than a shield; it means a buckler round about, a protection which shall surround a man entirely, a shield above, beneath, around, without and within. Oh! what a shield is God for His people!²” Your thoughts?

In what ways is the Lord a shield around you as a believer?

3. Notice in verse 4 it says that David cried aloud to the Lord. Spurgeon says, “Surely silent prayers are heard. Yes but good men often find that, even in secret, they pray better aloud than they do when they utter no vocal sound.³” What are your thoughts on that? Do you pray aloud even in your quiet time?
4. Read Psalm 20 and make comparisons to Psalm 3.
5. This is a psalm of confidence on David’s part. Name the reasons David gives for such confidence in difficult times and how that relates to the believer.

¹ *The Wiersbe Bible Commentary OT*, 875

² Charles Spurgeon, *Parallel Classic Commentary on the Psalms*, 8

³ *Ibid*