

God is the Lifter of My Head – Psalm 3:1-4

Message Discussion Guide

Discover

- Which statement or experience stood out to you from the worship service?
- Read Psalm 3:1-2.
 - What are some of the specific emotions do you think David felt when he had lost his throne and been chased out of the city to hide in the woods?
 - People were saying that God was not with David. Has there ever been a time when you felt God was not with you?
- Read Psalm 3:3-4, Psalm 18:2.
 - What does it mean that God is our shield?
 - What does it mean that God is our glory?
 - What does it mean that the Lord lifts up our head?
 - What may be the significance of saying the Lord answers from his holy mountain?
- Read Isaiah 53:5-6.
 - What does it mean he was pierced for OUR rebellion and that we healed by HIS wounds?
 - How can we connect these verses in Isaiah to the fact that the Lord is our shield in Psalm 3:3?
- Read Psalm 3:5-8.
 - How do verses 5-6 contrast with verses 1-2 of the same Psalm? What makes the difference?
 - Verses 7-8 are a prayer and plea to the Lord. What exactly is David asking the Lord to do for him?
 - Jesus tells us to love our enemies, so this would not be an appropriate prayer for us to pray against people in our lives, but we could pray this prayer focused on temptation and evil. How would we pray against temptation and sin in this way?

Respond

- What advice would you give a Christian who seems to be sinking in hopelessness because of difficult circumstances? How could you use this Psalm to encourage your family member or friend?
- How could memorizing Psalm 3:3 be a daily encouragement for you in your Christian life?

Bonus for Thinkers

- What does glory really mean? What exactly is the “glory of God?”

First Baptist Nacogdoches Bible Reading Plan

Day	Scripture
Monday (6/8)	Psalm 3:1-8
Tuesday (6/9)	Mark 6:45-73
Wednesday (6/10)	Mark 8:1-30
Thursday (6/11)	Mark 8:31-9:29
Friday (6/12)	Mark 9:30-50

Daily Devotion Questions

Monday (6/8) — Psalm 3:1-8

- Review the “Respond” questions from yesterday’s message discussion guide.

Tuesday (6/9) — Mark 6:45-73

- In 6:50-51 we see Jesus taking away the disciples’ fear. In what situation in your life do you need to hear Jesus’ words, “Don’t be afraid”? Write down your answer and ask the Lord to take your fear from you.
- Jesus describes the Pharisees as hypocrites (7:6). What made them hypocrites? How do you avoid hypocrisy?
- Jesus declares that it is not what goes into a person that defiles him, but what comes out. In 7:21 he gives a list of examples. What evil things have come out of your mouth or out of your actions that have the potential to defile you? Confess these to the Lord.
- Read Mark 7:1-13. What are some examples in today’s world of how people embrace traditions that lead them to reject God’s instructions?

Wednesday (6/10) — Mark 8:1-30

- In 8:19-20 Jesus asks questions about how many loaves were left over after his crowd-feeding miracles. What point was he trying to make about the power and provision of God? What evidence is there in your life of the power and provision of God?
- Jesus uses a very strange method in healing the blind man in 8:22-26. In fact in Mark’s gospel we see Jesus use many different methods for healing. Why do you think that is? Is it the method or is it the power of Christ that makes the difference?
- Jesus asks a very important question in 8:27, 29. Who do people say Jesus is in our world today? In a sentence of praise and thanksgiving, write down who Jesus is to you.
- Read Mark 8:14-21. Following Jesus’ second miracle with the bread and the crowds, it seems he is perturbed with the disciples that they have hard hearts and are not understanding. What do you think was the disciples’ biggest error?

Thursday (6/11) — Mark 8:31 – 9:29

- In 8:34-35, Jesus calls on any who would follow him to deny themselves. What does this mean in general? What do you think this means specifically for your life right now?
- Sometimes being ashamed of Jesus and the Word of God is something that slips into our life without us being aware of it. How have you been ashamed of the Lord or his Word in the last week?
- Read the prayer (the statement of the father to Jesus) in 9:24. How would you grade the father’s prayer? How did Jesus grade it? What does this teach us about prayer?
- Read Mark 8:31-33. Why do you think Jesus dealt so strongly with Peter? What did Jesus mean by “you are not setting your mind on the things of God, but on the things of man?”

Friday (6/12) — Mark 9:30-50

- In 9:34-35 Jesus teaches the secret to being great in the Kingdom and in the eyes of God. Write down three specific things you can do today to be a servant to those around you.
- Jesus speaks of the sin of influence in 9:42. How may you have influenced, even if unintentionally, someone to sin this week? Spend a few minutes thinking about this. Write down and confess anything that comes to mind.
- Why do you think Jesus used such strong language to deal with sin in 9:43, 45, 47? After reading of Christ’s attitude toward sin, what is one change you feel compelled to ask him to help you make in your life today?
- Read Mark 9:33-35. Make a list as a family of how you can serve people in your family, neighborhood, workplace, school and church.