

# LESSON 2

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## PSALMS 3—6

### PSALM 3: A MORNING CRY

This psalm is a morning lament/prayer that calls upon God for protection. The writer is in a treacherous and dangerous situation. Thus, from his dark valley of uncertainty, he is coming to his God in an earnest petition for help as he begins the day.

To capture the spirit of the psalm, picture David leaving Jerusalem, his capital, as a beaten, broken king. In this crisis in his life, he has been defeated by none other than his own son. The glory of his kingdom has been wrestled from him by hands that have turned cruel and rebellious. This has not been done by a vicious foreign power but by one of his own household. He has all but lost his kingdom, and his life is now in grave danger. His enemies—those who are joining in the rebellion—rise up around him as an overwhelming flood.

1. What are the writer's enemies saying about him?
2. What is God to the writer (as stated in v. 3)?
3. How does the writer put his problem in God's hands?
4. What would you say is an antidote to fear?
5. How do we apply this psalm to our difficult moments?

### **PSALM 4: AN EVENING PRAYER**

The writer in this psalm is calling upon God in the midst of deep disappointment and heartbreak. His spirit is burdened because of the cutting words that have been uttered about him. His name has been stained, and his reputation has been dragged in the dust of criticism. Those around him believe the worst about him; they have chosen to listen to lies instead of the truth.

6. How does the writer describe those who were talking about him?
7. What kind of prayer does the psalmist pray for his enemies?
8. How important is God to the writer?
9. What does it mean to sleep in peace?

### **PSALM 5: BRINGING THE DAY TO GOD**

This beautiful composition is a prayer/song to God in the morning. The writer is thinking especially of his troubles, such as the enemies he has around him and how God is his protection and refuge from them.

Thus the setting is that of a righteous man, probably David, encircled by devious and cruel men. For some reason they are seeking his destruction. His prayer revolves around two relationships: his life with God and his response to his enemies.

10. How does the writer say that he plans to begin his day?
11. After praying, what will the writer do?
12. How is God described in verses 4 through 6?
13. In light of his problems, what does the writer say he will do in verses 5 and 6?
14. How are the evil men described in verses 9 and 10?
15. What happens to those who take refuge in God?

## PSALM 6: SICK BECAUSE OF SIN

This psalm is a cry of anguish, arising from the heart of a man who is ill because of some sin (or sins) that he has committed. His transgression has found him out in the form of a physical malady; and in his grief, he is beseeching God for mercy.

Because of its subject matter, this psalm is regarded as one of the penitential psalms. These are psalms that in some way express repentance and sorrow over sin. (See 32; 38; 51; 102; 130; 143.)

16. How does the writer regard his sickness?
17. Upon what basis does the psalmist ask God's forgiveness?
18. Describe the sorrow that he has experienced because of his remorse and sickness.
19. How does this psalm end? Is it with despair or on the high note of assurance?
20. How does God rebuke us?