

# Gamma 26

## Study 9

Praying Our Fears: A Study of Psalm 3

- 1. Describe the two levels of fear David experienced in Psalm 3, providing an example for each.**
- 2. How do worldly approaches to fear differ from Christian approaches**
- 3. Reflection Question - Have you experienced fear in your Christian walk? How did you deal with that fear?**

4. List three negative consequences of suppressing emotions.
5. Explain how God acts as a "shield" for believers, distinguishing it from preventing all attacks.
6. Share if you have experienced this "shield" from God in dealing with your fear.
7. How did the video define "glory" and identify David's initial misplaced sources of glory?
8. Why is it crucial for believers to "shift their glory" to God, and what are the benefits of doing so?
9. According to the Psalm, what was the immediate result for David after crying out to the Lord regarding his fears?

### **Takeaway**

We are more accustomed to the world's approach in dealing with fear due to our fallen nature. That often causes us to take unnecessary and counterproductive "solutions" that more often not useful in dealing with fear.

Instead, looking to the Cross, we see the beauty, justice, and steadfastness of God, which we can trust and rest in His deliverance in His time as King David did.