

When...

Life is Overwhelming

Psalm 3

Launch

What's your ideal winter vacation?

Explore

Before reading the passage, consider the context:

King David had at least 19 sons, including Absalom. Absalom's sister, Tamar, was raped by their half brother, Amnon. Absalom killed Amnon and was exiled from David's kingdom. When he returned, he rebelled against David, slowly building an army and claiming the throne of Israel. With so many people turned against him, David fled for his life.

Now read Psalm 3

Which verse stands out the most? Why?

What does this Psalm tell us about David's condition?

What does this Psalm tell us about God's character?

Apply

Put yourself in David's sandals. What kind of emotions would you be feeling?

Why is it hard to focus on God's goodness and faithfulness during trials?

Describe a time when you were overwhelmed. How did you see God show up in the midst of your struggle?

Pray

Pray that we would be honest with each other when going through overwhelming trials, leaning on each other and reminding each other of God's goodness, faithfulness, and ultimate victory.