

**Home Group Discussion Questions**  
**July 5, 2015**

Summer Song Series (Part 4) - Psalm 3

Dr Alex Himaya

As a group, read and reflect on the summer song.

Psalm 3 New King James Version (NKJV)

The Lord Helps His Troubled People  
A Psalm of David when he fled from Absalom his son.

1 Lord, how they have increased who trouble me!  
Many are they who rise up against me.  
2 Many are they who say of me,  
"There is no help for him in God." Selah  
3 But You, O Lord, are a shield for me,  
My glory and the One who lifts up my head.  
4 I cried to the Lord with my voice,  
And He heard me from His holy hill. Selah  
5 I lay down and slept;  
I awoke, for the Lord sustained me.  
6 I will not be afraid of ten thousands of people  
Who have set themselves against me all around.  
7 Arise, O Lord;  
Save me, O my God!  
For You have struck all my enemies on the cheekbone;  
You have broken the teeth of the ungodly.  
8 Salvation belongs to the Lord.  
Your blessing is upon Your people. Selah

Alex shared the story of his son, Eli's health issue with his heart throughout the message:

1. Have any of you had a child with a health issue? Injured in an accident, sporting event, etc...? How did you handle the situation? How did God teach you during this situation?

2. Alex talked about the term Selah: what does that term mean and how does it apply to our lives?

(The Psalms were sung accompanied by musical instruments and there are references to this in many chapters. Thirty-one of the thirty-nine psalms with the caption "To the choir-master" include the word selah. Selah notes a break in the song and as such is similar in purpose to Amen in that it stresses the importance of the preceding passage.)

3. Why is so important for us to take "breaks" in life?
4. Psalm 3 presented a picture of triumph over adversity, how do we apply this scripture to our life?
5. Who are some of our adversaries? What are we facing in our lives?
6. How we protect ourselves from our weaknesses?
7. I Peter 5:8 Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. (1 Peter 5:8 NIV) What does this passage say to us as Christians?
8. Discuss the word taunt, how have you been taunted in your life? How did you handle it?
9. In verse 3, David found his shield in God? How does this apply to our life?
10. Why is it important to: "above all, put the shield in front of all the armor"?
11. Discuss the statement: Our biggest battles deal with our faith
12. Reflect on the statement Satan said to eve: Did God really say?
13. Alex told the story of Hells Hole rapid in the river and the fact: "don't fall out of the boat and that we should not panic when we go under water". How do we apply this example to our daily life?
14. As Christians, why should we walk the Jericho road with confidence? Psalm 23
15. What is an attribute of a good leader? (Pass the credit on to those who made it happen)
16. Discuss the following statements:  
 Trust me it won't hurt Jesus kicked his teeth out on the cross  
 Our personal promise lands are characterized by victory, but victory requires a fierce battle  
 God calls on you to take the ground.  
 He prayed as it had already happened, because of his faith.
17. Alex shared in the story about his son's surgery how God answers prayer by connecting us in ways we imagined to successfully resolve a problem, has this ever happened in your life?
18. Discuss this final thought Alex used in describing the result of his sons surgery: "ITS NOT TREATED ITS FIXED!"