

SMALL GROUP NOTES

GROUND RULES

What's said in a group stays in the group.

Encourage others and hold yourself accountable.

Where is it written in the Bible?

WHAT DOES IT MEAN?

- David pauses at “Selah” and then turns with the words, “But You, O LORD,” shifting his attention from the size of his problems to the character of God. What does this turning point mean, and how can praising God as our shield, glory, and the lifter of our head reshape the way we think about present struggles?
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- Psalm 3 says David was able to lie down and sleep while danger still surrounded him. What does this teach about what it means to see your protection in God, and how is biblical peace different from waiting until all circumstances are resolved?
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- The Psalm concludes, “Salvation belongs to the LORD; Your blessing is upon Your people.” What does this declaration mean for both our immediate challenges and our eternal hope through Jesus Christ?
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WHAT DOES IT MEAN FOR ME?

- When you feel overwhelmed, what practical steps can help you shift from focusing on the size of your problem to shouting your praise to God for who He is—your shield, your glory, and the lifter of your head?
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- What “There is no help for you in God” messages—whether from others, your own thoughts, or past failures—do you need to reject and replace with the truth of God’s promises?
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- How can David’s ability to sleep in the middle of danger challenge the way you respond to anxiety, stress, or uncertainty this week?
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Read Ahead: Psalm 4