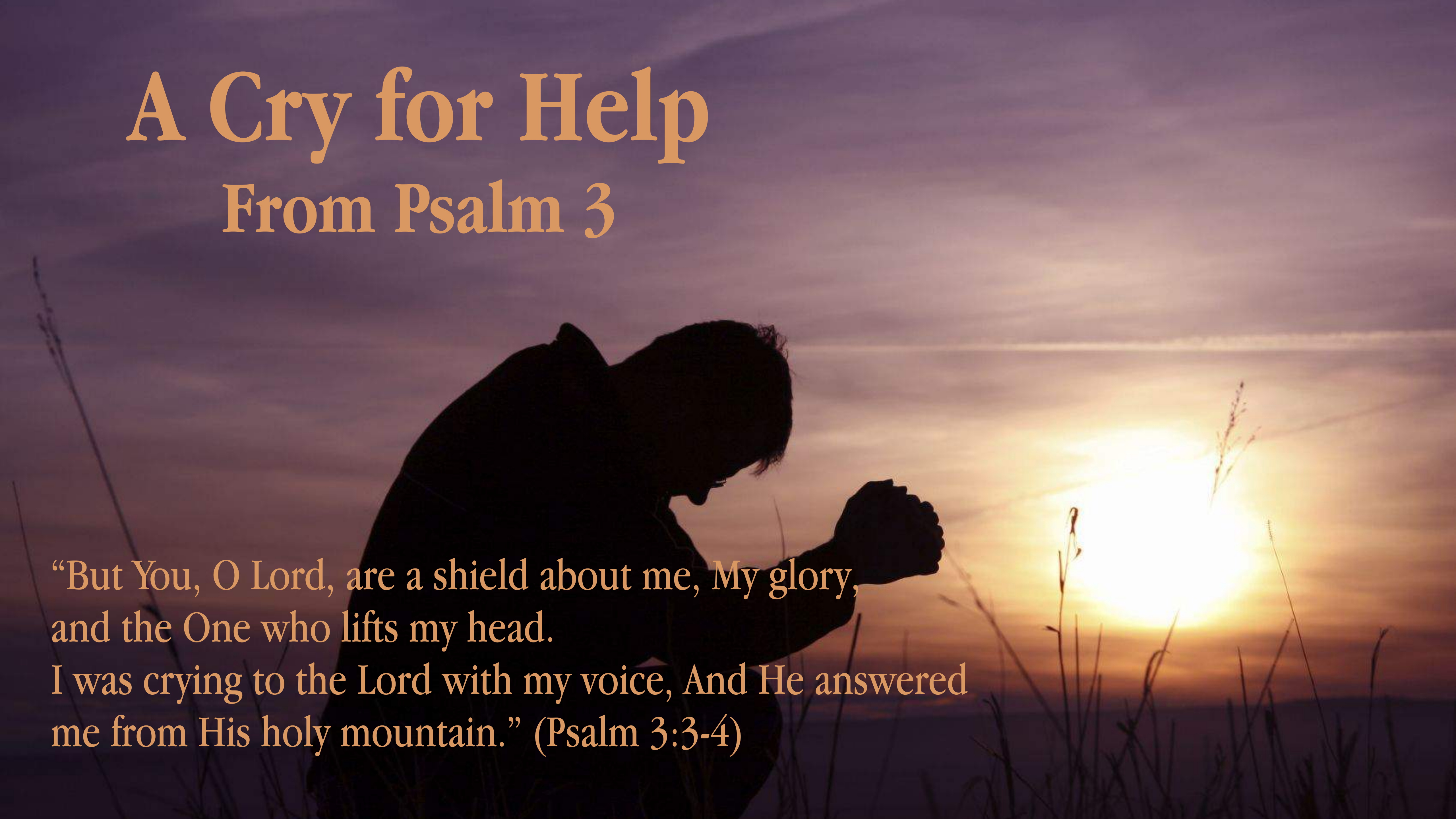


A Cry for Help

From Psalm 3

A silhouette of a person with their hands clasped in prayer, set against a bright sunset sky. The person is positioned on the left side of the frame, looking down. The sun is a large, glowing orb on the right side, partially obscured by thin, dark grass stalks in the foreground. The overall mood is one of quiet reflection and seeking help.

“But You, O Lord, are a shield about me, My glory,
and the One who lifts my head.
I was crying to the Lord with my voice, And He answered
me from His holy mountain.” (Psalm 3:3-4)

A Cry for Help

From Psalm 3

2. What is the common plea or invocation from the groupings listed?

- 13:1-2; 35:17
 - “How long, O Lord?”
- 17:1; 27:7; 31:2; 39:12; 55:1-2; 88:2; 140:6; 141:1; 142:6; 143:1
 - A plea to be heard; for the Lord to listen and answer.
- 22:1; 42:9
 - Why? (forsaken, forgotten)

A Cry for Help

From Psalm 3

2. What is the common plea or invocation from the groupings listed?

- 25:6-7

- Remember/Don't remember

- 51:1; 57:1; 123:3

- "Be gracious to me/us..."

- 35:23; 59:1, 2, 5

- A call for action from Jehovah (awake, stir up, deliver)

A Cry for Help

From Psalm 3

3. List the praises lauded on Jehovah as the psalmist makes his plea.
- 3:3
 - “My glory, and the one who lifts my head.”
 - 7:11
 - Righteous judge
 - 17:7
 - Savior of those seeking refuge
 - 22:3
 - Holy, enthroned upon the praises of Israel

A Cry for Help

From Psalm 3

3. List the praises lauded on Jehovah as the psalmist makes his plea.
- 22:19
 - My help
 - 25:6, 8
 - Compassionate, good, and upright
 - 27:1
 - “My light, my salvation, the defense of my life.”
 - 31:3, 5
 - “My rock, fortress, and truth... God of truth.”

A Cry for Help

From Psalm 3

3. List the praises lauded on Jehovah as the psalmist makes his plea.

- 42:2, 8

- “Living God” and “The God of my life.”

- 55:19

- “The one enthroned from of old.”

- 59:9

- “My stronghold”

- 77:13-14

- Incomparable and working wonders

A Cry for Help

From Psalm 3

3. List the praises lauded on Jehovah as the psalmist makes his plea.
- 123:1
 - The one “enthroned in the heavens”.
 - 140:7
 - “Strength of my salvation”
 - 142:5
 - “My portion in the land of the living”

A Cry for Help

From Psalm 3

4. While not included in our list, these three psalms compare the help and deliverance from the Lord with that of man. Contrast the difference. (Ps. 60:11-12, 108:12-13, 146:3-9)
 - 60:11-12; 108:12-13... Deliverance from man is in vain. Through God we will do valiantly.
 - 146:3-9... There is no true hope or salvation in mortal man, no matter how powerful. Our hope should rest only in the faithful and just Creator.

A Cry for Help

From Psalm 3

5. As the psalmists cry out to Jehovah for His intervention, what arguments do they present to bolster their case that He should?

- 7:3-5, 8; 17:1-5; 26:1-6; 35:24; 59:3-4; 141:8-10
 - “I have walked in your truth” (26:3)
- 3:2; 13:3-4; 25:11; 31:3; 79:9-10; 143:11-12; 23:3
 - “For Your name’s sake”, lest the enemy is encouraged to boast.

A Cry for Help

From Psalm 3

5. As the psalmists cry out to Jehovah for His intervention, what arguments do they present to bolster their case that He should?
- 5:4-6; 140:1-5, 12
 - Jehovah's holiness demands that He "maintain the cause of the afflicted" and hates and abhors those who practice evil.
 - 7:17; 22:22-31; 35:27-28; 51:14-15; 57:7-11; 140:13; 142:7
 - In order to exalt and proclaim Jehovah's righteousness.

A Cry for Help

From Psalm 3

6. Give the reason the psalmist was able to find hope and have expectation of receiving the help for which he pled.
 - 3:3; 7:10; 27:1-3, 4-6, 13-14
 - Jehovah is his shield and his salvation. He has no reason to fear.
 - 5:3; 55:16-19a
 - He trusted that the Lord had heard his prayer.
 - 5:4-6; 7:11; 140:12-13
 - He trusts in God's justice.

A Cry for Help

From Psalm 3

6. Give the reason the psalmist was able to find hope and have expectation of receiving the help for which he pled.
 - 13:5; 17:7; 59:16-17
 - He trusts in Jehovah's steadfast love.
 - 22:4-5; 42:6; 77:11-12; 143:5
 - He remembered what God had done before and trusted that He would remain the same.
 - 31:23-24; 38:15; 39:7; 55:22-23
 - His hope lay fully in the Lord.

A Cry for Help

From Psalm 3

- Since the overwhelming majority of this type of psalm ends with an upswing of hope, what influence should that have on our personal prayers and pleas for God's help and attention?
 - Pray often (Rom. 12:12; Col. 4:2; Eph. 6:18; 1 Thess. 5:17)
 - Lay out our cares before Him (Jas. 5:13; Lk. 6:11-12; Rom. 8:26; Php. 4:6)
 - Pray in hope and confidence (1 Jn. 5:14; Jas. 1:5-8; 5:16)

A Cry for Help

From Psalm 3

7. There are some psalms in which there is no specific judgment or consequence for which the author calls (i.e. Ps. 38; 42). List the specific imprecations the psalmist asks for in the following references.
- 3:7
 - Smite enemies on the cheek and shatter the teeth of the wicked.
 - 17:13; 140:9-11
 - Deliver with Your sword. Heap on them burning coals and send them into fiery pits, never to be seen again.
 - 5:10; 7:15-16; 35:7-8; 141:10
 - Let him be “hoisted on his own petard”.

A Cry for Help

From Psalm 3

7. There are some psalms in which there is no specific judgment or consequence for which the author calls (i.e. Ps. 38; 42). List the specific imprecations the psalmist asks for in the following references.
- 31:17-18; 55:15, 23
 - Silence them in the grave.
 - 35:1-6
 - Send the angel of the Lord to contend on his behalf.