

Soul Music - Part 2 - Psalms 3 & 4 - Praying Under Pressure with Jesus

Intro: What keeps you awake at night?

Psalms 3 & 4 – Sleep in the face of fears, anxieties and threats?

Songs to be Sung by others

"Selah" ??

A meditation on and application of Psalms 1 & 2?

Psalm 3 – The King who suffered

Band on the run – David Flees from Absalom

Really big threat (not just melodrama)

Yet a confident song/prayer?? How did David arrive at his confidence?

Psalm 2 Promise – the king will suffer, but will be victorious

Psalm 3 – from David to Jesus

In Jesus we can sing this Psalm – even the awkward bit

Whose teeth has Jesus smashed?

Psalm 4 – The King who suffered addresses both God and others about affliction

What do you do in the face of anxieties and fears?

What are we doing as we sing corporately in church? Instruction?

4 Instructions from Psalm 4

Prayer changes things ...

God alone is the source of confident rest

Affliction and distress are times for honest self-reflection

Where is your Joy-centre?

A song to start the day and a song to end the day – morning and evening prayer