**Bella Vista Missionary Baptist Church**

**Bible Study**

**April 22, 2020**

**Spiritual Assurances amid Social Anxiety**

**Scripture Lesson:** Psalm 3 (NRSV)

* Walter Brueggemann’s three (3) categories of psalms:
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - Seasons of peace and positivity **(Psalm 8)**.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - Seasons of suffering and sorrow **(Psalm 13)**.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - Seasons of restoration and recovery **(Psalm 40)**.
* Psalm 3 is set within a context of disorientation! **(2 Samuel 15-18)**
* David’s \_\_\_\_\_\_\_\_\_\_ is high! (His son Absalom is seeking to dethrone him and kill him!)
* David’s \_\_\_\_\_\_\_\_\_\_ is low! (His friends have now become his enemies!)
* David’s \_\_\_\_\_\_\_\_\_\_\_\_ is continuous! (He’s damaged internally and confused psychologically)
* In the midst of high social anxiety, David lives with the spiritual assurance that the One who was with him was greater than the opposition that was against him!
* This psalm highlights the need for us to regularly engage in \_\_\_\_\_\_\_ - \_\_\_\_\_\_\_ - The attention given to healing a wounded soul or maintaining a healthy soul so that you can have peace with God! Poverty of the soul manifests itself with brokenness in life. **(1 Samuel 30:6; Psalm 42:5; 3 John 1:2)**
* Let’s follow David’s example of how to care for our soul during seasons of anxiety:

1. **David Acknowledges the Reality of His Situation (vs. 1-2)** – Trusting God is not the rejection of truth! We do damage to our souls and leave our spiritual development in a stuck position when we refuse to name our problems!
2. **David Appeals to God’s Reliable Sufficiency (vs. 3-4)** – Faith is journeying through the reality of your fears to arrive at the realization that, no matter who or what is coming against you, no matter how bad life shakes you up and seeks to leave you disoriented, with God on your side, you will always be the victor and not the victim! God is your **SHIELD**, your **GLORY**, the **LIFTER** of your head, and God **HEARS** your prayers!
3. **David Agrees to Rest in God’s Sustainability (vs**. **5-6)** – Faith in God restores what fear seeks to remove – rest and wholeness in God!
4. **David Anticipates God’s Redemptive Salvation (vs**. **7-8)** – You must live life in the hope that God will, both, defend and deliver His people! Salvation belongs to Him!

**\*Do not be dismayed – God will take of you!**\*

Notes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_