

# THE CHOSEN

<b>Title:</b>	<b>Season / Episode:</b>	<b>Location (hh:mm:ss)</b>	<b>Study by:</b>
THE DISCIPLES PRAY - PSALM 3	SEASON 3 / EPISODE 2	01:05:46-01:07:17	RICK GRINSTEAD ALPHA USA KNOXVILLE, TENNESSEE RICKGRINSTEAD@ALPHAUSA.ORG



## Theme

Fear, Trust, Community, Prayer

## Objective

Students will recognize the power of praying Scripture in difficult moments, reflect on how fear and faith can coexist, and identify ways they can turn to God when they feel discouraged, rejected, or afraid.

## Warm Up

*Wall of Fear* – Give each student a sticky note and ask them to write something they fear—silly or serious. Have them stick it on a designated wall or board labeled “Wall of Fear.” After everyone adds a note, read Psalm 3 aloud together as a group.

Discuss:

- What were some of the common fears on the wall?
- What do we usually do when we feel afraid or rejected?
- How does sharing those fears with others change the experience?
- If someone read this wall 1,000 years from now, what would they learn about your generation?

## Transition

In *The Chosen*, the disciples have just been sent out by Jesus to heal, preach, and drive out demons. But ministry isn't easy—they face rejection, danger, and discouragement. What do they do? They come together... and pray **Psalm 3**.

This ancient psalm becomes their comfort and their rallying cry.

Today, we'll explore that same psalm and how it speaks to our moments of fear and faith.

## The Clip

Have students turn to the “Psalm 3” section in their Student Guide.

Play “[The Disciples Pray – Psalm 3](#)” from Season 3, Episode 2 of *The Chosen*.

Discuss:

- What emotions do you notice as the disciples pray this psalm?
- What does this scene tell us about praying together as a group?
- What does the psalmist say about God in the middle of fear?
- Why do you think this was the right prayer for that moment?

## Transition

The disciples didn't just quote Scripture—they prayed it. Together. In fear, in uncertainty, they reminded each other who God is. **Psalm 3** became more than ancient words; it became their weapon, their comfort, and their anchor.

What would it look like if we did the same? When fear strikes—what if our first move was to speak God's Word out loud, with others, in faith?

## Bible Study

Read **Psalm 3:1-8**

Consider assigning each student a verse or having the group read it in unison, just like the disciples did.

Give students 5 minutes to complete the “Praying Psalm 3” section in their Student Guide, then regroup and discuss:

- How does David describe his situation?
- What bold declarations does he make about God?
- What can we learn from his honest approach to fear and trust?
- How can this psalm become part of your own prayer life?

Read **Romans 8:31-39**

Ask a student to read this passage boldly. It pairs beautifully with Psalm 3.

Discuss:

- What do these verses say about how God defends us?
- How does this connect with the line: “You are a shield around me, O Lord?”
- What stands out to you most from Paul's message here?

## Wrap Up

Fear isn't something we outgrow—it's something we outgrow through faith. **Psalm 3** shows us that we can bring our fear, our doubts, and even our sense of being overwhelmed straight to God. We don't have to pretend to be brave—we just have to be honest.

Remind students:

- God is not scared off by your fear.
- Jesus invites us to bring it into the light—into prayer, into Scripture, and into community.
- Just like the disciples, you're not alone.

Encourage them to memorize **Psalm 3:3** this week. Close in prayer, inviting students to silently bring their fears to God—then pray **Psalm 3:3** aloud over the group as a blessing.