

# THE CHOSEN

Title: THE DISCIPLES PRAY - PSALM 3      Season / Episode: SEASON 3 / EPISODE 2      Location (hh:mm:ss) 01:02:52-01:07:16      Theme: FEAR, TRUST, COMMUNITY, PRAYER



## Psalm 3

- What emotions do the disciples show before and during the prayer?

- Why do you think they chose Psalm 3 in this moment?

- What lines or phrases stood out to you the most?

- How does it feel different to pray Scripture versus your own words?

## Praying Psalm 3

Read **Psalm 3:1-8** and reflect below:

Lord, many are the things I fear or feel surrounded by...

- But You, Lord, are my shield and:

- When I cry out to You, I know You will:

- Even when things don't change right away, I can rest because:

- Today, I declare: "I will not be afraid of \_\_\_\_\_, for the Lord sustains me."

## My Mission Moment

Reflect on your faith in times of fear or pressure.

Complete the prompts below:

- When I'm feeling anxious or rejected, I can pray: "Lord, You are my \_\_\_\_\_; I will not \_\_\_\_\_."

- One truth from **Psalm 3** I need to remember this week is: "\_\_\_\_\_."

- This week, I will intentionally pray when I feel \_\_\_\_\_, and trust that God will \_\_\_\_\_.