

Praying Psalm 3: A Model Lament

By Bill Gaultiere ~ [Lectio Divina Guides](#) ~ [SoulShepherding.org](#)

The Psalms help us to pray through our emotional struggles and to put confidence in God. Psalm 3, the model Lament in the Bible, can be used as a template to guide your prayers in the challenges and conflicts you face. In Lectio Divina style read the psalm *meditatively*. Then use the prompts below to compose your own prayer.

Psalm 3 (NIV, NIV84)

A psalm of David. When he fled from his son Absalom.

1 O Lord, how many are my foes! How many rise up against me!

2 Many are saying of me, "God will not deliver him." *Selah*

3 But you, O Lord, are a shield around me, my glory, and the One who lifts my head high.

4 I cry out loud to the Lord, and he answers me from his holy mountain. *Selah*

5 I lie down and sleep; I wake again, because the Lord sustains me.

6 I will not fear the tens of thousands drawn up against me on every side.

7 Arise, O Lord! Deliver me, O my God! Strike all my enemies on the jaw; break the teeth of the wicked.

8 From the Lord comes deliverance. May your blessing be on your people. *Selah*

Using Psalm 3 as a Template (Prompts to Journal or Quietly Pray)

"A Psalm of (your name) . When I..." (Identify a situation in your life that is troubling you.)

"O Lord, how many are my foes..." Describe your struggle or conflict:

"Many are saying of me..." Describe the criticisms that other people, Satan or your own internal critic are judging you with:

"But you, O Lord, are a shield around me, my glory, and the One who lifts my head high." Picture the Spirit of Christ surrounding you to protect you.

"I cry out loud to the Lord, and he answers me..." Give thanks to God for the good and redemptive things he's doing for in the spiritual reality of his kingdom:

"I lie down and sleep... I will not fear..." Pray to trust God for peace and protection:

"Arise, O Lord!... Strike all my enemies..." Tell God, the Righteous Judge and your Deliverer, your angry or hurt feelings and what you want you want him to do:

"From the Lord comes deliverance. May your blessing be upon..." Ask for God's blessing for you, loved ones, even the people troubling you: