

Shielded:

How to Trust God When You're Under Attack

Psalm 3 (ESV)

Student Devotional

Some days you feel like you're barely holding on. It's not always the loud attacks that shake you—it's the slow, silent pressure. The conflict that won't go away. The relationships that get colder. The voice in your head that keeps whispering, "You're not going to make it."

That's why Psalm 3 matters. It isn't written from a place of comfort—it's written from the middle of the storm. David is heartbroken, betrayed, and literally running for his life. But instead of shutting down or striking back, he lifts his voice in prayer—and finds peace in the presence of God.

This week, we'll walk through his story one piece at a time. You'll learn how to be honest about your pain, how to focus on who God is, how to rest even when life feels dangerous, and how to trust Him with outcomes you can't control.

If you've ever felt under attack, overwhelmed, or unsure of what God is doing—this psalm is for you. Let's find our footing together.

Day 1: Say What You're Really Feeling

***O Lord, how many are my foes! Many are rising against me; many are saying of my soul, 'There is no salvation for him in God.'* (Psalm 3:1–2)**

Think About It:

David isn't being poetic—he's being real. He's surrounded. Outnumbered. Betrayed by people he used to trust. His own son wants to take his life. And he doesn't start his prayer with polite language. He starts with anguish.

God isn't looking for perfect words—He's looking for honest ones. Psalm 3 gives you permission to pray messy. When you're hurt, say so. When you're confused, admit it. God doesn't flinch when you bring Him your raw emotions.

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And notice what David's enemies are saying: "God won't help him." That's not just an attack on David—it's an attack on his identity. Maybe you've heard those kinds of whispers too: "You've failed too much. God's done with you."

But here's the beauty—David brings even those lies to God. He doesn't filter his fear. He lays it all out before the One who can handle it.

Pray It:

God, I don't want to hide what I feel. You already know. Help me be honest with You—especially when I feel overwhelmed or ashamed.

Do It:

Take five minutes today and write down what's weighing on you. Don't edit. Just be real. Then pray over those words and give them to God.

Day 2: Focus on Who God Is

But you, O Lord, are a shield about me, my glory, and the lifter of my head. (Psalm 3:3)

Think About It:

This verse changes everything. David isn't out of danger. Nothing has improved. But something has shifted—his focus. He's no longer stuck on what people are saying. He remembers who God is.

God is a shield—not just in front of him, but all around him. That means God sees what you don't. He protects in places you can't. You don't have to watch every angle when God surrounds you.

David calls God "my glory"—because his value wasn't in his crown or his image. It was in the One who never changes. When the world tried to shame him, God covered him.

And best of all? God lifts his head. When your chin drops, when your heart sinks, when shame makes you want to disappear—God is the One who says, "Look up. I'm still here."

Pray It:

Father, thank You for being my shield—even when I can't see what You're doing. Help me remember that You're protecting me, defining me, and lifting my head.

Do It:

Every time you look down at your phone today, take a second and say, “You are the lifter of my head.” Let it be a reminder of who holds you.

Day 3: Cry Out and Rest Anyway

I cried aloud to the Lord, and he answered me from his holy hill. I lay down and slept; I woke again, for the Lord sustained me. (Psalm 3:4–5)

Think About It:

When fear hits, most people either panic or shut down. But David does something different—he cries out to God, and then he goes to sleep.

That’s not laziness. That’s trust. He knew the battle wasn’t his to fight alone. If God never sleeps (Psalm 121:4), then maybe you don’t have to stay up worrying either.

The pressure was still real. His problems hadn’t disappeared. But he rested anyway. Why? Because “the Lord sustained me.”

You might feel like you can’t shut your brain off. But Psalm 3 gives you another option: surrender. Not because everything’s okay—but because God is still in control when you’re not awake to manage it.

Pray It:

God, thank You that I don’t have to hold everything together. Help me surrender my fear to You tonight—and trust You to sustain me while I rest.

Do It:

Tonight before bed, pause and breathe deeply. Say aloud, “You’re in control. I can rest.” Then turn off your phone and trust Him with the night.

Day 4: Don’t Let Fear Call the Shots

I will not be afraid of many thousands of people who have set themselves against me all around. (Psalm 3:6)

Think About It:

This isn't bravado—it's bold trust. David doesn't say, "I'm not afraid because I'm strong." He says, "I'm not afraid... because the Lord sustains me."

Fear loves to make itself look bigger than it is. It magnifies the problem and minimizes your perspective. But David refuses to give fear the final word.

What if you could say the same thing? Not because you figured everything out—but because you know the One who surrounds you.

Fear doesn't have to be your driver. It can show up, but it doesn't get to steer. God does.

Pray It:

Lord, when I feel surrounded, help me remember that I'm not alone. I don't want fear to control my thoughts. Help me trust You instead.

Do It:

What's one fear you've been carrying all week? Write it down. Then write this above it: "I will not be afraid." Let that truth shape how you respond today.

Day 5: Trust God With the Outcome

Salvation belongs to the Lord; your blessing be on your people! (Psalm 3:8)

Think About It:

David doesn't end the psalm by pretending everything's better. He ends it by remembering the most important truth: salvation isn't in his hands—it's in God's.

That word "salvation" means more than just rescue from danger. It means the whole outcome. The resolution. The win. David knew—only God could truly deliver.

And that freed him. He didn't have to scheme or stress. He didn't have to fix it all. He just had to trust the One who saves.

You don't have to control how it all turns out. Your job is to stay close to the God who does.

Pray It:

Jesus, salvation belongs to You. I can't fix this, but I trust You with it. Help me release control and rest in Your power.

Do It:

Say out loud today: "Salvation belongs to the Lord." Every time you feel pressure to fix something, repeat it. Let that truth settle your soul.

Conclusion: You Are Shielded

Psalms 3 is short, but it's strong. It starts with panic—but ends in peace.

David didn't sugarcoat the betrayal or pressure. But he also didn't let fear define him. He reminded himself who God was. He cried out. He rested. He trusted. And he reminded himself: "Salvation belongs to the Lord."

This week, you may still feel surrounded. But you don't have to be shaken. You are shielded.

So when you come to Connect Group this Sunday, bring the real stuff. Bring the burdens, the questions, and the hope that's just starting to rise.

Because this isn't just David's psalm—it's yours too.

See you Sunday.

Before We Gather

- What situations in life have made you feel outnumbered, overwhelmed, or under pressure?
- Why is it often difficult to be honest with God when we feel overwhelmed or ashamed?
- How has remembering who God is helped you keep going in a difficult season?

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- What would it look like to rest more deeply in God this week—even while your situation remains difficult?
- Where in your life right now do you need to trust God with the outcome?
- What does Psalm 3 teach us about how to face pressure with faith?
- How can we model trust for the next generation—even when we're walking through pain?
- What part of this psalm do you need to cling to most right now?