

Safe at Night

David was running from an enemy army when he wrote this psalm. You can read the story in 2 Samuel 15:10–14. Now read Psalm 3. Verses 1 and 2 tell how David felt. Verses 3 and 4 tell what David remembered about God. Verses 5 and 6 tell how David was able to sleep, even when he was in danger. Verses 7 and 8 tell what David prayed.

Here's something to help you if you are afraid at night. Cut a shield from a piece of cardboard. Cover it with blue construction paper. Tape on two strips of aluminum foil in the shape of a cross. Put the shield under your pillow at night to remind you that God will guard you, just as he guarded King David.

Live It!



Psalm 3:1–8