

PSYCHOLOGY IN THE PSALMS

PSALM 3

# A PEACE SONG





HOW DO WE PRAY OURSELVES  
FROM PANIC TO PEACE?

QUESTION

A silhouette of a person standing in a field of tall grass, with their hands clasped in prayer and their head tilted upwards. The background is a soft, hazy sky with a gradient of colors from light purple to pink, suggesting a sunset or sunrise. The overall mood is contemplative and spiritual.

WHEN CHRISTIANS PANIC, THEY PRAY

TRUTH 1

A close-up photograph showing several people's hands clasped together in prayer on a table. In the center, a dark blue Bible with gold lettering is open. The table has a white floral patterned cloth. The lighting is warm and focused on the hands and the Bible.


PANIC SHOULD LEAD TO PRAYER  
NOT DESPAIR

SUMMARY 1

WHEN CHRISTIANS GET PEACE THEY PRAISE

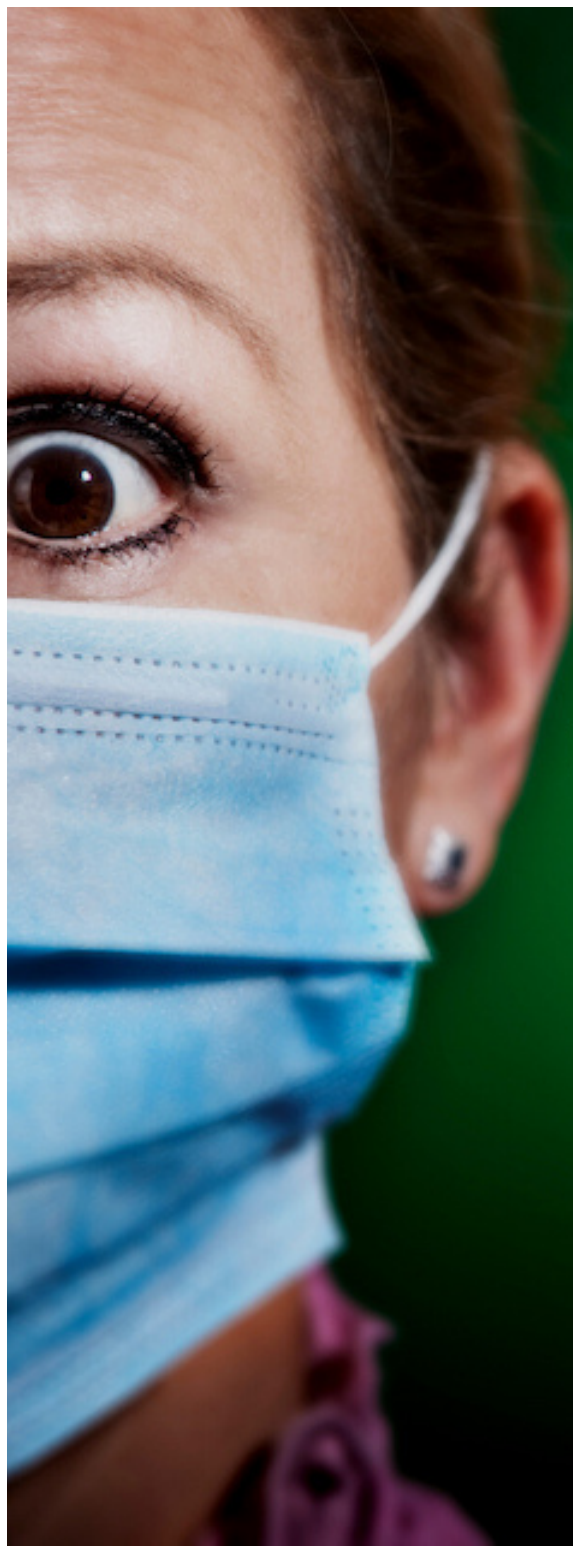


TRUTH 2

A photograph of a long wooden pier extending from the foreground into the ocean. The sun is setting on the horizon, creating a vibrant orange and red glow that reflects on the water. The sky is filled with dark, dramatic clouds. The pier is made of weathered wooden planks and leads the eye towards the horizon.

PEACE NOURISHES PRAISE  
AND PRAISE NOURISHES PEACE

SUMMARY 2



HOW DO WE PRAY OURSELVES  
FROM PANIC TO PEACE?

QUESTION

A man with a beard, wearing a grey t-shirt, is lying on his back on a lush green grassy field. He is looking up at a clear, bright blue sky. The scene is peaceful and serene. The text is centered in the upper half of the image.

USE PRAYER TO CHANGE PANIC  
INTO PRAISE-FILLED PEACE.

ACTION