

Psalm 4

For the director of music. With stringed instruments. A psalm of David.

¹ Answer me when I call to you,
my righteous God.

Give me relief from my distress;
have mercy on me and hear my prayer.

² How long will you people turn my glory into
shame?

How long will you love delusions and seek
false gods?

³ Know that the Lord has set apart his faithful
servant for himself;

the Lord hears when I call to him.

⁴ Tremble and do not sin;
when you are on your beds,
search your hearts and be silent.

⁵ Offer the sacrifices of the righteous
and trust in the Lord.

⁶ Many, Lord, are asking, "Who will bring us
prosperity?"

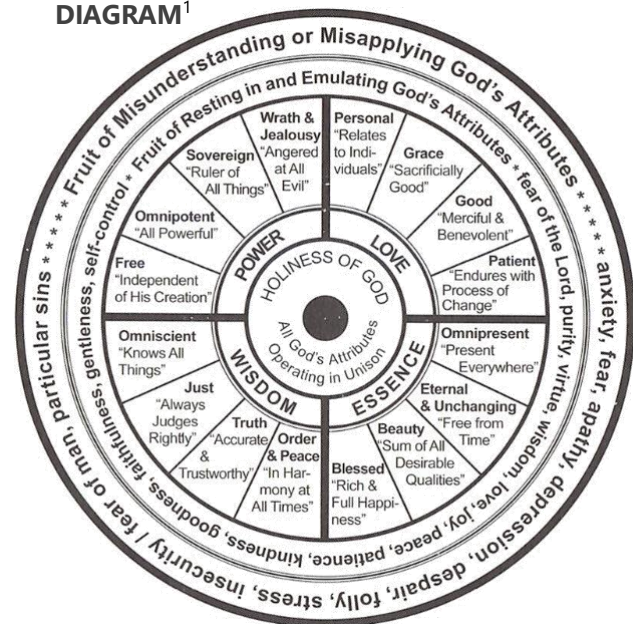
Let the light of your face shine on us.

⁷ Fill my heart with joy
when their grain and new wine abound.

⁸ In peace I will lie down and sleep, for
you alone, Lord, make me dwell in safety.

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DIAGRAM¹



sleep in Heavenly Peace

Psalm 4

- sleepless nights
- probable background²
- Davidic typology

Make the call (v. 1)

- call out to God³
- focus on God⁴

Recognize the Challenges (vv. 2-6)

- lies (vv. 2-3)⁵
- anger (vv. 4-5)⁶
- despair (v. 6)

Experience the Benefits (vv. 7-8)

- joy (v. 7)
- peace (v. 8)

¹ Brad Hambrick, *God's Attributes: Rest for Life's Struggles* (Phillipsburg, NJ: P & R., 2012) 14. Used with permission.

² The textual links between Ps. 3 and Ps. 4 suggest that the historical backdrop of 2 Samuel 5:13ff. is shared.

³ Hebrews 5:7; 1 Peter 5:7

⁴ Q. What is divine righteousness? A. God always acts according to His own perfect standard of right and wrong.

⁵ Shimei cursed David in 2 Samuel 16:5-14.

⁶ E.g., Abishai (2 Sam. 16:9) and James & John (Lk. 9:54)



Starter Questions:

1. Explain your sleeping pattern and reasons for why you may have restless nights.
2. Why might focusing on God's "righteousness" or "justice" be a source of comfort for you?
3. Can you explain from the diagram why a balanced, well-rounded view of God is so valuable?
4. Of the 3 challenges to your joy and peace (incoming lies, agitation/anger, and despair), with which do you wrestle? How do you cope?
5. What kind of emoji sums up how God feels about you? Why?

