



July 14, 2019
Pastor Bruce Adrian

Summer in the Psalms

Lesson One • Psalm 4

Finding Peace in Times of Trouble

Psalm 4: An Evening Prayer of David

“When you can’t sleep, don’t count sheep, talk to the Shepherd.”

For He [the Lord] grants sleep to those He loves. Psalm 127:2 NIV

Finding Peace in Times of Trouble

1. God Answers the CRIES of the Troubled!

Answer me when I call, O God of my righteousness! You have given me relief when I was in distress. Be gracious to me and hear my prayer! Psalm 4:1

Praying with Confidence

Because of God’s righteousness, pray with confidence that He can give you RELIEF in your distress.

2. God Honors the CONDUCT of the Godly!

But know that the LORD has set apart the godly for Himself; the LORD hears when I call to Him. Psalm 4:3

David Addresses Three Groups of People

- David warns the SLANDERERS.

O men, how long shall my honor be turned into shame? How long will you love vain words and seek after lies? But know that the LORD has set apart the godly for Himself; the LORD hears when I call to Him. Psalm 4:2-3

- David counsels the ANGRY.

Be angry, and do not sin; ponder in your own hearts on your beds, and be silent. Offer right sacrifices, and put your trust in the LORD. Psalm 4:4-5

- David encourages the DESPAIRING.

There are many who say, “Who will show us some good?” Lift up the light of your face upon us, O LORD! Psalm 4:6

3. God Gives COMFORT to the Humble!

You have put more joy in my heart than they have when their grain and wine abound. In peace I will both lie down and sleep; for You alone, O Lord, make me dwell in safety. Psalm 4:7-8

The Comfort the Lord Gives

- God gives the comfort of JOY.
- God gives the comfort of PEACE.

When You’re Distressed and Can’t Sleep

Turn to the Lord in prayer and TRUST in His protecting grace that brings peace in times of trouble.