

Psalm 4 — “Evening Confidence for the Stressed & Overwhelmed”

“You don't have to be overcome and destroyed by ungodly anger or stress. By God's grace, you can be an overcomer.” (Wayne Mack)

How sweet is the peace resulting from God's smile! No rage of earth or hell can ruffle it. In all disquietudes it is unmoved repose. What God bestows, no power can disturb. His gift is safety. Safe then are His people. Such is the Spirit's teaching in this psalm. May our hearts be able to respond, 'Our glad experience attests these truths!' (William Law)

Psalm 4 - an “evening prayer” (Ps 4.8).

Situation/Setting of the Psalm:

Our world offers many answers for coping with stress, but God gives the *better* and *more sure* way.

THESIS — How to have evening confidence when you're the stressed/overwhelmed?

You need: (1) **PRAYER**; (2) **PERSEVERANCE**; (3) **PERSPECTIVE**

I. PRAYER (1)

1. Urgent!
2. Relational!
3. Honest!

II. PERSEVERANCE (2-5)

David's situation: men of power, prestige, authority (“sons of men”; Ps 4.2) oppose King David.

v.2 — speaking *to* the enemies reproving them for their worthless lies aimed at him.

v.3-5 — The imperative commands giving perspective (*rebuking the enemies*; while reminding his own soul)

→turn these reproofs into positive marks of the godly man:

1. Know that God distinguishes the man who is intimate with God.
2. God hears when you call.
3. Tremble in holy fear; in anger guard lest you sin (cf. Ephesians 4.26)
4. Do heart-searching work & know you can't hide your motives from God.
5. Be still before the Holy God of Universal power!
6. Worship God genuinely, from the heart, aiming to please Him.
7. Obediently trust and happily submit to God.

III. PERSPECTIVE (6-8)

- very simply: in stressful seasons - *you need to see the glory of God!*

What's the Perspective?

1. Forget pragmatics —**2. Behold God's glory —**

how?

- (1) Pursue greater **NEARNESS** with God
- (2) Cling to the covenant-**PROMISES** of God
- (3) Calm your soul with intimate **COMMUNION** with Christ

3. Rest in divine joy —**4. Go to sleep —**

I run to Christ when chased by fear And find a refuge sure.
 “Believe in me,” His voice I hear; His words and wounds secure.
 I run to Christ when torn by grief And find abundant peace.
 “I too had tears,” He gently speaks; Thus joy and sorrow meet.

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I run to Christ when worn by life And find my soul refreshed.
 “Come unto Me,” He calls through strife; Fatigue gives way to rest.
 I run to Christ when vexed by hell And find a mighty arm.
 “The Devil flees,” the Scriptures tell; He roars, but cannot harm.

I run to Christ when stalked by sin And find a sure escape.
 “Deliver me,” I cry to Him; Temptation yields to grace.
 I run to Christ when plagued by shame And find my one defense.
 “I bore God’s wrath,” He pleads my case— My Advocate and Friend
 — Chris Anderson

HOW GREAT THOU ART

O Lord my God, when I in awesome wonder
 Consider all the worlds thy hands have made,
 I see the stars, I hear the rolling thunder,
 Thy power throughout the universe displayed:

***Then sings my soul, my Savior God, to thee:
 How great thou art! How great thou art!
 Then sings my soul, my Savior God, to thee:
 How great thou art! How great thou art!***

And when I think that God, his Son not sparing,
 Sent him to die, I scarce can take it in,
 That on the cross, my burden gladly bearing,
 He bled and died to take away my sin.

When Christ shall come with shout of acclamation
 And take me home, what joy shall fill my heart!
 Then I shall bow in humble adoration,
 And there proclaim, “My God, how great thou art!”

SINGING: PSALM 4: The Psalter

Tune: *In Christ Alone*

God, answer when I call to You,
 For You are all my righteousness.
 Be merciful, and hear my prayer,
 O give me help in my distress.
 How long, O people, will you turn
 my honor into such disgrace?
 How long will you love worthless lies,
 And seek false gods and not God’s face? ***Selah***

The Lord calls godly ones to Him;
 The Lord hears when I call to Him.
 So in your anger, do not sin,
 And search your heart as day grows dim.
 O ponder Him upon your bed;
 Be still, and make your heart His own.
 Give sacrifices that are right
 and trust in God the Lord alone. ***Selah***

So many ask, “O who can know
 or show us any good at all?”
 O let the light of Your face shine
 upon us, Lord, who on You call.
 My heart is filled with greater joy
 than when new wine and grain abound.
 I will lie down and sleep in peace,
 For You, Lord, safely me surround.