

Praying the Psalms: Psalm 4 A Prayer for the Stressed Out

To the choirmaster: with stringed instruments. A Psalm of David.

1. Appeal to God (4:1)

*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!*

- Bold (upward)
- Balanced (upward)
- Humble (inward)

2. Appeal to Your Enemies (4:2-5) (outward)

² *O men, how long shall my honor be turned into shame?
How long will you love vain words and seek after lies? Selah*
³ *But know that the LORD has set apart the godly for himself;
the LORD hears when I call to him.*
⁴ *Be angry, and do not sin;
ponder in your own hearts on your beds, and be silent. Selah*
⁵ *Offer right sacrifices,
and put your trust in the LORD.*

Deuteronomy 32:35; Romans 12:19; Hebrews 10:30
Matthew 5:38-45; 1 Peter 2:9; 1 Timothy 2:1-4; Luke 23:34

3. Rest in God (4:6-8) (upward)

⁶ *There are many who say, "Who will show us some good?
Lift up the light of your face upon us, O LORD!"*
⁷ *You have put more joy in my heart
than they have when their grain and wine abound.*
⁸ *In peace I will both lie down and sleep;
for you alone, O LORD, make me dwell in safety.*

Numbers 6:24-26; James 1:2-4

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