

## **PSALM 4 – A PRAYER TO PRAY BEFORE BEDTIME!**

10/5/19 – Sat. Morn. Prayer - P. Twente, [www.ptwente.com](http://www.ptwente.com) 714 425-9221; [ptwente@gmail.com](mailto:ptwente@gmail.com)

### **A SHIELD ABOUT ME – PSALM 3-4 Maranatha Singers**

*Thou, O Lord, art a shield about me. You're my glory, You're the lifter of my head  
Thou, O Lord, art a shield about me. You're my glory, You're the lifter of my head  
Hallelujah, Hallelujah, Hallelujah, You're the lifter of my head  
Hallelujah, Hallelujah, Hallelujah, You're the lifter of my head (2X)*

**PSALM 4 – A PRAYER TO PRAY BEFORE BEDTIME!** There are similarities between Psalms 3 and 4. Psalm 4 is thought to have been written at the same time as Psalm 3, when David was fleeing from his rebellious son, Absalom. Psalm 3 is frequently labeled a morning psalm (hymn) (cf. **Psa 3:5**), while Psalm 4 has been called an evening psalm (hymn) (cf. **Psa 4:8**). In both, David is besieged with suffering, injustice, and oppression. Additionally, ***Psalm 4*** also exhibits the changing attitudes of the worshiper in his most difficult circumstances. David's movement will be **from anxiety to assurance**, as he **travels down the road of prayer and trust in God**. At the end of yet another day of pressure, pain, and persecution, David engages in conversations which ultimately lead to a point of blessed relaxation.

**PSALM 4 – To the Chief Musician (This Psalm is the first of 55 assignments to the Chief Musician). With Stringed Instruments. A Psalm of David. THE EVENING HYMN! – A Prayer Before Bedtime. Another choice flower from the garden of affliction.**

### **V. 1 David Pleads with God for Help**

**Psa 4:1 Hear me when I call, O God of my righteousness! You have relieved me in my distress; Have mercy on me, and hear my prayer.**

- Here David calls out to God, the God of his righteousness, a term not used in any other part of the Scriptures. It means LORD, You are the author, the witness, the maintainer, the judge and the rewarder of my righteousness. I appeal from the harsh judgments of my enemies to You! You know that I am innocent of the lies of my enemies.
- You have **relieved me** over and over, a long history of Your faithfulness. Again now, have mercy on me and hear my prayer! God has enlarged my heart with joy and comfort when I was like a man imprisoned by grief and sorrow! He is a never-failing Comforter!
- Have mercy on me – The best of men need mercy as truly as the worst of men. All the deliverances of believers as well as the pardon of sinners are the free gifts of heavenly grace!

### **Vs. 2-5 David Expresses Strong Disapproval or Disagreement with His Enemies**

**Psa 4:2 How long, O you sons of men, Will you turn my glory to shame? How long will you love worthlessness And seek falsehood? Selah**

- How empty are the things of the world and yet how people love worthlessness? They love the vain glory, the passing glory of the world.
- David prays up to God in verse 1 and speaks to his enemies in verse 2, which is always the way it should be. Before we speak out to people we need to be prayed up to God.

**Psa 4:3 But know that the LORD has set apart for Himself him who is godly; The LORD will hear when I call to Him.**

- How wonderful, this marvelous act of His grace! God has set apart His own people for Himself.
- **2Ch 16:9** *For the eyes of the LORD run to and fro throughout the whole earth, to show Himself strong on behalf of those whose heart is loyal to Him.*

**Psa 4:4 Be angry (be in awe of, tremble), and do not sin. Meditate within your heart on your bed, and be still. Selah**

- Are you somewhat depressed or down today? Do what David did! Stand in awe of God. Be still. Commune with Him even as you lie on your bed.
- **Eph 4:26** **"BE ANGRY, AND DO NOT SIN":** *do not let the sun go down on your wrath*, The Apostle Paul is quoting this verse to the Ephesians. Address every situation of anger every day, not letting the sun go down without resolution of the situation before we go to sleep. Be mindful of the difference between righteous and unrighteous anger.

*Psa 4:5 Offer the sacrifices of righteousness, And put your trust in the LORD.*

- What shall we do to be saved? There is the full gospel in this exhortation. Sinners flee to the cross, to the sacrifices of Calvary. There, put your whole confidence and trust, for He who died for men is the LORD Jehovah!

*Vs. 6-8 David Delightfully Contrasts His Own Satisfaction and Safety with the Uneasiness or Anxiety of the Ungodly in Their Best Estate*

*Psa 4:6 There are many who say, "Who will show us any good?" LORD, lift up the light of Your countenance (face) upon us.*

- There are many **who want to see rather than to believe!** God's face is enough for the believer!

*Psa 4:7 You have put gladness in my heart, More than in the season that their grain and wine increased.*

- The **joy of the Lord** that I have, which You have caused, is **greater than the joy of the wicked** on their best day - prosperity at harvest time. David is saying he gets more joy on any humble day with the LORD more than the wicked do on the greatest day of their life!

*Psa 4:8 I will both lie down in peace, and sleep; For You alone, O LORD, make me dwell in safety*

- What a great evening hymn this is! LORD, you cause me to lie down and sleep peacefully. David says. How often do we waste time and lose sleep about possibilities and potential problems that never come about? How much better to simply cast our cares on Him and pour out our hearts to Him!

#### **SUMMARY:**

- *Psalm 4* is Another choice flower from the garden of affliction
- **Hear me for thy mercy-sake, is our best plea. He who will not ask such blessings as pardon, and justifying righteousness, and eternal life, must perish for the want of them. Alas! that so many should make so fearful a choice.**
- **The psalmist warns against sin. Keep up a holy reverence of the glory and majesty of God. You have a great deal to say to your heart. They may be spoken with. Let it not be unsaid.**
- **Examine those thoughts by serious self-reflection. Let your thoughts cling upon that which is good and keep close to it.**
- **Consider and reflect upon your ways of the day. Before you turn to sleep at night, examine your consciences with respect to what you have done during the day; especially, what you have done amiss, that you may repent of it.**
- **When you awake in the night, meditate upon God, and the things that belong to your peace.**
- **When upon a sick bed, particularly, we should consider our ways.**
- **Be still. When you have asked conscience a question, be serious, be silent, wait for an answer. Open not the mouth to excuse sin. All confidence must be put in God.**
- **Honor Him, by trusting in Him only! Then, after commanding the sacrifices of righteousness, the psalmist says, Put your trust in the Lord!**

*PASS ME NOT O GENTLE SAVIOR – Frances J. Crosby – sung by Gaither Choir/Romance Watson*

*Pass me not, O gentle Savior, Hear my humble cry; While on others Thou art calling, Do not pass me by.*

*Refrain: Savior, Savior, Hear my humble cry, While on others Thou art calling, Do not pass me by.*

*Thou the spring of all my comfort, More than life to me, Whom have I on earth beside Thee, Whom in Heav'n but Thee. (Refrain – 2X)*

**PRAY FOR OUR NATION'S LEADERS: PRAY FOR CALIFORNIA: PRAY FOR WORLD LEADERS: -**

**Pray for World Leaders, especially their salvation, including: Xi Jinping – China; Narendra Modi- India; Donald Trump – USA; Joko Widodo - Indonesia; Jair Bolsonaro - Brazil; Arif Alvi - Pakistan; Muhammadu Buhari - Nigeria; Hasina Wazed - Bangladesh; Vladimir Putin- Russia; Lopez Obrador – Mexico. Benjamin Netanyahu – Israel; Angela Merkel – Germany; Theresa May – U.K.; Kim Jong-un – North Korea; Moon Jae-in – South Korea.**

**PRAY FOR OUR CHURCH/PERSECUTED CHURCH; SCHOOLS; POLICE OFFICERS/MILITARY;**

**ISRAEL:**