

PSALM 4

How to sleep in peace

- sleepless nights

Make the call (v1)

- call to God

- focus on God

Recognise the challenges (v2-6)

- lies (v2-3)

- anger (v4-5)

- despair (v6)

Experience the benefits (v7-8)

- joy (v7)

- peace (v8)



Discussion questions

*Can you relate to the problem of getting to sleep at night because of worries or a troubled conscience?
How does this psalm help you?*