

Psalm 4

To the choirmaster: with stringed instruments.

A Psalm of David.

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!

² O men, how long shall my honor be turned into shame? How long will you love vain words and seek after lies? 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. ⁵ Offer right sacrifices, and put your trust in the LORD.

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.

SONGS FOR LIFE

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?