

Psalms 1-4 are the start of a life-long journey with God. Ps.1, the trust of God's people in God's Word. Ps.2, the king's trust in particular in God's covenantal promise Ps. 3 and 4, continued trusting, despite the challenges to that promise.

Psalm 3 is a morning prayer. (3:5, "...I lay down and slept; I woke again, for the LORD sustained me...")

Psalm 4 is an evening prayer. (4:8, "In peace I will both lie down and sleep...")

It could be said that the title to Psalm 3, also fits for Psalm 4, the beginning and end of the same day!

Since peaceful sleep is a gift from the LORD alone, we receive it from Him alone.

When on our beds, how do we move from distress to quiet confidence in God?

1. Since The LORD answers our prayers, we keep believing that whenever we call on Him. (v.1-3b)
2. Since The LORD has set us apart for Himself, we experience that knowledge for ourselves daily, and we invite others to trust in Him. (v.3a-5)
3. Since the LORD will put joy in our hearts if we ask Him, His inner blessings drown out the many voices of doubt. (v.6-7)

CONCLUSION:

We sleep peacefully; we are safe when we trust Him alone! (v.4-5,8)

How the Psalm points to Jesus and instructs us:

Mark 4:35-41. How could Jesus sleep on a boat in a storm?

1 Peter 2:23. When Jesus was reviled and suffered, what did He continue to do?

Luke 23:46 When Jesus laid down in the sleep of death, how confident was He of God the Father's safekeeping?

John 14:27. What gift does Jesus give to troubled and fearful hearts?

Philippians 4:6. When we are anxious, to Whom are we instructed to make our requests known?

1 Peter 5:6-7. What are we to do with our anxieties? Why? Who is it that cares for us? How strong is He? When will He exalt us?

Discussion questions:

1. How well do we sleep. Why? Do we see sleep as a spiritual matter?
2. What are the things that positively and negatively affect our sleep?
3. Where do we turn when we are in distress at nighttime?