

Title: Steps toward Rest in an Uproar

Psalm 4

Introduction:

- Background: When the Uproar Comes
- Psalm Background: When Bible Uproar Comes

For the choir director; on stringed instruments. A Psalm of David.

1. Requests for Rest (vv. 1-2).

- A Call to the _____ (v. 1).

¹Answer me when I call, O God of my righteousness!

You have relieved me in my distress;

Be gracious to me and hear my prayer.

- A Call to the _____ (v. 2).

²O sons of men, how long will my honor become a reproach?

How long will you love what is worthless and aim at deception? Selah.

2. 6 Steps to Rest (vv. 3-5).

³But know that the Lord has set apart the godly man for Himself;

The Lord hears when I call to Him.

⁴Tremble, and do not sin;

Meditate in your heart upon your bed,

and be still. Selah.

⁵Offer the sacrifices of righteousness,

And trust in the Lord.

- Step 1: _____ (v. 3).
 - Fact 1:
 - Fact 2:
- Step 2: _____ (v. 4).
- Step 3: _____ (v. 4).
- Step 4: Be _____ (v. 5).
- Step 5: _____ (vv. 5).
- Step 6: _____ (v. 5).

3. A Description of Rest (vv. 6-8)

- The _____ Stays (v. 6).
- The _____ Stays (vv. 7-8).
 - A Satisfied Heart (v. 7).
 - A Sleeping Heart (v. 8-9).

Text for Sunday with Prep Questions

Psalm 4

¹Answer me when I call, O God of my righteousness! You have relieved me in my distress; Be gracious to me and hear my prayer.

²O sons of men, how long will my honor become a reproach? How long will you love what is worthless and aim at deception? Selah.

³But know that the Lord has set apart the godly man for Himself; The Lord hears when I call to Him.

⁴Tremble, and do not sin; Meditate in your heart upon your bed, and be still. Selah.

⁵Offer the sacrifices of righteousness, And trust in the Lord.

⁶Many are saying, "Who will show us any good?" Lift up the light of Your countenance upon us, O Lord!

⁷You have put gladness in my heart, More than when their grain and new wine abound.

⁸In peace I will both lie down and sleep, For You alone, O Lord, make me to dwell in safety.

1. Read the Psalm and give a 1 to 3 word description of the mood that the Psalmist is in.

2. How many commands are in verses 4-6.

3. What kind of turmoil do you think this song writer is facing?