

Psalm 4:3–8

“Dealing Well with Distress by Meditating upon Predestination”

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What are the dangers when we are distressed, and how should we deal with them? Pastor leads his family in today’s “Hopewell @Home” passage. Psalm 4:3–8 prepares us for the opening portion of morning public worship on the coming Lord’s Day. In these six verses, the Holy Spirit teaches us that when we are in distress, we are in danger of fuming anger, unbelieving scheming, and ungrateful despair; but the Lord has granted unto us to deal with these by meditating upon the sweet doctrine of predestination.

Tuesday, August 17, 2021 • Read Psalm 4:3–8

Questions from the Scripture text: Whom has the Lord set apart (v3a)? For Whom? Who hears when David calls to Him (v3b)? What does this enable David to do without sinning (v4a)? Where/how does he practice this calling upon the Lord (v4b)? With what effect? What does he offer to the Lord (v5a)? What is one way that he “offers the sacrifices of righteousness” (v5b)? What do many say (v6a–b)? To Whom does David look for good (v6c)? How does he ask Him for that good? What has the Lord done to make David glad (v7a)? Whose gladness couldn’t compare to this, and even under what circumstances (v7b)? As David completes this meditation (cf. v4b), what is he able to do (v8a)? Why; what has he concluded (v8b)?

Next week’s Call to Worship, Prayer for Help, and Song of Adoration all come from Psalm 4:3–8, so that we will see that we are singing God’s thoughts after Him with *On the Good and Faithful*.

The psalmist (David) is in distress (v1), and under the attack of others. In v3, he establishes a foundation against three types of wrong response to our distresses: **fuming (v4), unbelief (v5), and despair (v6)**.

How firm a foundation! v3, 8. If the godly got that way because Yahweh chose them for Himself (v3a), then their safety (v8b) and happiness are unstoppable secure. Something that began in the Creator cannot be undone by anything in the creation. This is peace in which you can sleep easy (v8a). So, when this is your foundation, instead of responding in the ways that v4–6 warn against, you can just call upon Yahweh (v3b) and tap into great, circumstance-independent joy (v6b–7).

Watch out for fuming, v4. Sometimes in our distress, we can get consumed with fuming. You’ll know it’s happening when you’ve lain down to sleep, but your mind is just full of all the stuff you’re upset about, or would like to say to the people involved, or even do to the people involved. But when you’re on your bed is the perfect time to call upon Yahweh (v3b); you can just speak to Him in your heart and then be quiet (v4b). Knowing His nearness helps put the “not sinning” into our being angry (v4a).

Watch out for unbelief, v5. When we’re in distress, there’s the temptation to obsessively plan our path out. There’s nothing wrong with careful consideration of what is best, but trusting Yahweh (v5b) gives us the aim of such consideration: whatever is righteous. If we realize that our behavior is really a form of life-as-worship unto Him, because He is the One in Whose perfectly reliable hands we rest anyway, then that changes the goal. No longer are we frantically trying to make the situation resolve. Instead, we are offering righteousness to Him Whom we know will perfectly resolve it.

Watch out for despair, v6. Distressing situations in life can be very intense, and even long and drawn out. In such a situation we can be tempted to ask, “Who will show us any good?” We can even begin to have a negative attitude about anything good that Providence brings into the situation. But if the Lord is our sure hope, then we have reason for gladness: the light of His face (v6c) puts gladness into our hearts (v7a). The wicked’s very best circumstances actually have less cause for joy in them than the godly’s very worst circumstances (v7b)!

So in our distress, let us cry out to the God of our righteousness and have peace and joy, rather than fuming, unbelief, or despair.

What distress have you been in? How does following this Psalm change your approach to it?

Sample prayer: O God of our righteousness, You alone make us to dwell in safety. And we know that You will, because You have saved us for Yourself. Forgive us for when we have been unmindful of You as we obsessed about circumstances. Grant that our hearts would always be lifted up to You, and that they would be full of gladness from the light of Your face, which we ask through Jesus, in Whom You have everlastingly smiled upon us, AMEN!

Suggested songs: ARP4 “Answer When I Call” or TPH484 “On the Good and Faithful”

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(The following is a machine-generated transcription. Please be aware of—and patient with—transcribing errors. If there is something confusing or obviously erroneous, you are invited to listen to the audio recording referenced above)

Psalm 4 to the chief musician was stringed instruments. It's almost David hear me when I call or God of my righteousness. You have relieved me in my distress. Have mercy on me. And here are my prayer long though. You sons of men, will you turn my glory to shame?

How long will you love worthlessness and seek falsehood? But no, that y'all has it apart for himself

him. Who is Godly the alpha will hear when I call to him be angry and do not sin. Meditate within your heart on your bed and be still say law, offer the sacrifices of righteousness and put your trust in y'all.

There are many who say who will show us any good? You always lift up the light of your continents upon us. You have put gladness in my heart more than in the season that their grade and wanting increase. I will both fly down in peace and sleep for you alone.

Are we always make me, dwell and sanity?

So far, everything your thoughts inspired at an errand where so the reason we have this passage today is because in the coming Lord, stay the call to worship and pray for help. The first song prayer of confessional. Oh not the burns confession, pair of confessional. Come from the serial readings.

So that needs to be changed in the booklet, the call to worship the prayer for help and the song of, and the first song will all come from Psalm 4 versus 3 through 8. You notice the, the context for these in six verses established in the first two verses of the psalm David.

This homeless is distressed. He has those who in love for worthless. Things are attacking him and even lying about him. And so we have how to deal with trouble how to respond some things to avoid. Even and the first thing we see is that the foundation of how to deal with trouble is the Lord himself and has eternal decree number three.

Not know that you all high has set apart for himself him, who has godly and the Lord in his eternal decree from outside of time, from before the foundation of the world. As set apart particular ones for himself, that's how they came to be godly. And the first place, the children of the first atom, don't have any other hope for godliness except that whereas every intent of the thoughts of our hearts were only evil.

And that continually yet God and has mercy determined that he would set some apart for himself. And so, even from such a group as that he produced godly ones and Christ ultimately ends up being the answer to, how can the holy God show? Such mercy, is to make sinners like that into the godly well because he joins them to Christ the last Adam, and he forgives our sins in Christ.

And Christ is worthy and deserves. Not only that, we would be forgiven but that we would be made godly. So, as you see, those who have faith in the Lord, Jesus Christ, those who love God, because he first loved them. And out of a principle of love to God are being made able and willing to know obey and submit to his will and all things as the angels do in heaven.

As you see the godly, you know, that the only way they could ever have gotten this way, is if God determined in himself and for himself to do it know that you always has set apart for himself him who has godly. And so the the psalmist and psalmist laying down at night and thinking about all that's going on and he concludes I in verse 8 I will both lie down in peace and sleep for you alone oh y'all way make me dwell and safety.

So if God has decided in himself set apart for himself those who are godly and that's how he they became Godly. Then God will surely be their hope their safety ever lasting wealth. And that's how to get a night's sleep when you are in the midst of trouble. And there are at least these three things in versus four five, and six that resting in this firm foundation of God, having set you apart for himself and given Christ for you and on the basis of Christ righteously making you godly and so you are able to lie down and sleep in peace.

There are three things at least first, four verse five. And verse six, that we are to avoid on our beds in our hearts. And our minds the first is fuming, be angry and do not sin, so there's the type of it, anger, meditate within your heart on your bed and be still.

There's the length of anger. You have the righteous sort of anger do not allow anger to take control. If you allow anger to take control, you will have the unrighteous sort of anger. It is right to be angry and behalf of God and his glory, and his goodness, and his truth and his righteousness that you'd be indignant in his behalf.

We see the Lord Jesus that way. And of course that can't be sinful. Because if it were, if it were sinful then we would be dead in our sins, wouldn't we? Jesus is our righteousness and yet the kind of fuming that goes on and on and on that is not righteous anger.

Righteous anger doesn't just follow the prescription and verse for a, it follows the process and verse 4b, meditate within your hearts speak, within your heart on your bed. And then be still go over it with God. There's no one but you and he and your thoughts and your hearts on your bed, just go over the once, don't fume and obsess.

Go over with him, leave it to him. You're done. Be still stop. We were able to do that. If we have that foundation, first three in verse eight, that God has set us apart for himself, that's how we got where

we are and that he alone. Surely is our hope as our help, okay?

So watch out for fuming, watch out for unbelief. First, five? Offer the sacrifices of righteousness and put your trust in the hallway. Don't sit there and figure out what you can do to fix the situation. There's another obsessive thing, right? There's the obsessive human and there's the obsessive plotting.

No, your life is not attempt to manipulate outcomes. Your life is an offering to God, Romans 12, all for your bodies, as living sacrifices unto God. And so in your figuring out what to do in a situation, you figure out what is right. And if you need help, you know, don't obsess.

Go get help from the ones that God has given. You ask all these spirit especially for wisdom. Search the scriptures but don't obsess again, offer unto God righteousness as a sacrifices as the offering of your life. But remember that the outcome and God's blessing in? It doesn't depend so much on what you do.

But on what the Lord has already determined that he's gonna bring out of the situation. And that's how the two hives of verse five go together. Offer the sacrifices of righteousness and put your trust in Yahweh. Use the one who's gonna bring it up, bring it about and this will keep you from sitting in the situation because if you plot and plot and drop and try to figure it out, you will end up hardening your heart against people, you end up being bitter, you end up justifying lying.

You'll ignore other responsibilities that in would make you worse. Deny the faith and be worse than unbeliever and in order to try to carry out whatever, yes scheme. You have don't plot and scheme offer unto God, the sacrifices of righteousness. You could do all the stuff that you had plotted in schemed and it would end up worse for you than you started.

And you could do none of that and it could turn out marvelously. It will turn out. However the Lord has determined for it to turn out and again in the same wisdom and the same love and which he has set, you aside for himself, right? And Ephesians 11, when it talks about God working all things, according to the council as well.

It talks about it in the context of he's the one who is determined to make us joint errors with the Lord Jesus Christ. And so his working out all things. According to the Council of Israel is aiming at our inheritance of a new heavens and a new earth and union with Christ that so offering the sacrifices of righteousness, the plan for how you're going to live is according to what is righteous and put your trust in the only way.

So avoid fuming avoid unbelief, which results in obsessive plotting and then avoid despair. There are many who say, who will show us any good that people, you know, you may be tempted to it or you may have a friend who, you know, likes to chew on gravel and just break their teeth.

It's sorry it's an expression. Yeah they have just always miserable and everything's miserable nothing. Goods coming out of any situation. My Marsh you guys have seen the Winnie the Pooh stuff like Eeyore always everything's bad. See what? Or even with a with a hyperactive.

Dude, there are many who say verse 6 who will show us any good and the psalmist raises his hand, Third line of the verse, I will Yahweh lift up the light of your continence upon us. You have foot gladness in my heart More than in the season that there brain and wind increase.

In other words, the believer has more gladness in the worst times. It is life than the unbeliever has in the best times of his life. Even in the time of the best harvest they ever had. They didn't have as much reason for gladness As the one from whom, the Lord smiles, the one to whom the Lord lifts up his face and of course, you know, you see that face in not by pictures, God forbid.

This is why the pictures are so bad. But the Holy Spirit is the one who gives it to you. That he has made, he who has made light to shine. The darkness sign in the darkness has made the light of the knowledge of the glory of God to shine in our hearts, in the face of Jesus Christ.

You and I have more reason for gladness in the worst times, then the unbeliever has been his very best and that's why I will both lie down in PC for you alone. Oh y'all. I make me dwell and safety and so if we rest on that foundation, we can watch out for the fuming of the anger.

We can watch out for unbelief that leads to plotting and obsessing. We can watch out for the despair that thinks that, everything's always bad all the time. The Lord grant to you to practice thinking upon your bed, or in whatever situation, it is that you're attempted to those other three things to remember, God's everlasting plan in himself.

That your part for himself that he would be your delight and he is the one who's carrying that out and you rest in him and then you can have peace and sleep. It's

Our father in heaven. We thank you for this portion of your word for bringing it to us this week. Things going on in the world, things going on in the church and yet, from outside of time, you have set us apart for yourself, remind us, that it is for yourself that you have set us apart, be the delight of our hearts remove, from us, the anger, and the unbelief and the despair, and grant that your spirit would put gladness in our heart, more than when their grain and wind increase.

Pray that you'd make us to live this day with your joy, as our strength for. We ask it in Jesus name, amen.