

Psalm 4

How to Get Relief from Adverse Circumstances, Psalm 4:1-8

Psalm 4:1-8 (NKJV)

¹ Hear me when I call, O God of my righteousness! You have relieved me in *my* distress; Have mercy on me, and hear my prayer.

² How long, O you sons of men, *Will you turn my glory to shame? How long* will you love worthlessness *And* seek falsehood?

Selah

³ But know that the Lord has set apart for Himself him who is godly; The Lord will hear when I call to Him.

⁴ Be angry, and do not sin. Meditate within your heart on your bed, and be still. *Selah*

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

⁶ *There are* many who say, “Who will show us *any* good?” Lord, lift up the light of Your countenance upon us.

⁷ You have put gladness in my heart, More than in the season that their grain and wine increased.

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

Theological Introduction

Psalm 4 is a Spirit-inspired framework for navigating distress—not by escaping trouble, but by reorienting the soul toward God. It teaches that relief is not circumstantial first, but relational first. David does not begin with solutions; he begins with **God Himself**:

“Answer me when I call, O God of my righteousness...” (v. 1)

Psalm 4:1 (NKJV)

¹ Hear me when I call, O God of my righteousness! You have relieved me in *my* distress; Have mercy on me, and hear my prayer.

This is foundational theology:

- God is not merely *helpful*—He is **the source of righteousness**
- Relief is not rooted in changed conditions but in **a restored posture toward God**
- The believer’s security rests not in outcomes, but in **covenant relationship**

Psalm 4 unfolds **three theological movements**:

1. Relief Begins with Divine Access (v. 1)

Psalm 4:1 (NKJV)

¹ Hear me when I call, O God of my righteousness! You have relieved me in *my* distress; Have mercy on me, and hear my prayer.

God is approachable because He is both **righteous and gracious**. David appeals not to his merit, but to God’s character.

2. Relief Requires Moral Realignment (vv. 2–5)

Psalm 4:2-5 (NKJV)

² **How long, O you sons of men, Will you turn my glory to shame? How long will you love worthlessness And seek falsehood?**

Selah

³ **But know that the Lord has set apart for Himself him who is godly; The Lord will hear when I call to Him.**

⁴ **Be angry, and do not sin. Meditate within your heart on your bed, and be still. *Selah***

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

Adversity often exposes misplaced loves:

- “worthless things”
- “deception”

Relief is hindered when the heart is divided.

Therefore:

- Repentance
- Reverence (“Tremble, and do not sin”)
- Reflection (“Meditate... and be still”)

These are not optional—they are **the pathway to restoration**.

3. Relief Produces Inner Peace, Not Immediate Escape (vv. 6–8)

Psalm 4:6-8 (NKJV)

⁶ **There are many who say, “Who will show us any good?” Lord, lift up the light of Your countenance upon us.**

⁷ **You have put gladness in my heart, More than in the season that their grain and wine increased.**

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

David does not say the crisis ended—he says:

“In peace I will both lie down and sleep...” (v. 8)

Psalm 4:8 (NKJV)

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

This is critical:

- God may not remove the storm immediately
- But He **removes the turmoil within the soul**

The theology of Psalm 4 is this:

God does not always change your circumstances first—He changes your condition within the circumstances.

Modern-Day Introduction

We live in a culture overwhelmed by:

- Anxiety

- Sleeplessness
- Constant pressure
- Information overload

**People today are asking the same question in verse 6:
“Who will show us any good?”**

Modern solutions promise relief:

- Therapy without truth
- Medication without transformation
- Distraction without resolution
- Success without satisfaction

Yet despite all advancements:

- People still lie awake at night
- Minds still race
- Hearts still ache

Just like in David’s day:

- Reputation is attacked
- Truth is distorted
- Pressure is relentless

And like Ann Landers observed:
Trouble is inevitable.

But **Psalm 4** gives what modern culture cannot:

- Not coping mechanisms alone
- But **God-centered transformation**

Psalm 4:6-8 (NKJV)

⁶ ***There are many who say, “Who will show us any good?” Lord, lift up the light of Your countenance upon us.***

⁷ ***You have put gladness in my heart, More than in the season that their grain and wine increased.***

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

This scripture answers many questions.

It answers:

- How do you sleep when life is unstable?
- How do you have joy when circumstances are uncertain?
- How do you stand when everything around you is shaking?