

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.

1. Call upon the God of righteousness (v. 1).

2. Call upon the godly to repent (vv. 2-5).

3. Call upon God to be good—to let the light of His face shine upon you (vv. 6-8).

d. Turn to the Lord (v. 5)

Psalm 4:5 NKJV

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

I. Offer the Sacrifices of Righteousness

Psalm 4:5a (NKJV)

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

True worship is not outward performance, but inward surrender expressed through obedience, holiness, and faith.

Theological Introduction

“Trusting the Sovereign God”

Psalm 4:5 NKJV

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

Trust is one of the central themes of Scripture. From Genesis to Revelation, God continually calls His people to place their confidence **not in what they can see**, but in **who He is**. Faith is not merely believing that God exists; it is relying upon Him when circumstances seem **impossible, confusing, painful, or threatening**.

When David wrote Psalm 4, he was surrounded by opposition. **False accusations, rebellious people, and uncertain circumstances** pressed against him. Yet David's solution **was not revenge, political maneuvering, or self-defense**. Instead, he pointed God's people toward trust:

“Offer the sacrifices of righteousness, And put your trust in the Lord.” (Psalm 4:5 NKJV)

Biblical trust is more than optimism. It is a settled confidence in **God's wisdom** when we do not understand His plan, in **God's power** when we feel weak, and in **God's goodness** when life appears unfair.

Throughout Scripture, God's people repeatedly faced situations where trusting God was their only option:

- Abraham trusted God on Mount Moriah.
- Israel trusted God at the Red Sea.
- Jehoshaphat trusted God against overwhelming armies.
- Daniel trusted God in the lion's den.
- Shadrach, Meshach, and Abed-Nego trusted God in the fiery furnace.

In every case, trust was not merely a feeling; **it was a decision to rest in God's character and promises.**

Ultimately, every Old Testament example points us to Jesus Christ. At the cross, when darkness covered the land and suffering reached its climax, Christ Himself entrusted His spirit into the Father's hands (Luke 23:46).

Through His death and resurrection, He demonstrated that God is always worthy of our trust, even when we cannot immediately see the outcome.

Therefore, Psalm 4:5 is not merely a command; it is an invitation to know the God who has proven Himself faithful throughout redemptive history.

Modern-Day Introduction

“Who or What Are You Trusting?”

We live in a world obsessed with security. People **trust bank accounts, retirement plans, insurance policies, political leaders, technology, medical advancements, careers, and personal abilities.** Yet all of these things can change overnight.

A stock market can crash.

A diagnosis can alter a family's future.

A job can disappear.

A relationship can fail.

A government can disappoint.

A strong body can become weak.

Many people spend their entire lives building foundations **that cannot withstand life's storms.** When trouble comes, our natural tendency is to **panic, control, manipulate, or rely upon ourselves.** We search the internet for answers, call everyone we know, and devise our own solutions.

Yet often God allows us to reach the end of our own strength so that we will discover His sufficiency.

Perhaps today some are standing at their own Red Sea:

- A health crisis.
- A family conflict.
- Financial uncertainty.
- A broken relationship.
- A ministry challenge.
- A burden that seems too heavy to carry.

The question is not whether you will trust something. Everyone trusts something.

The real question is: **What is the object of your trust?**

David's answer is clear: **“Put your trust in the Lord.”**

Not in circumstances.

Not in feelings.

Not in appearances.

Not in human strength.

Trust the God **who controls circumstances, governs history, fulfills His promises,** and works all things together for His glory and the good of His people.

The same God who provided for Abraham, parted the Red Sea, defended Jehoshaphat, protected Daniel, and walked with His servants in the fire is the same God who reigns today. He remains worthy of our trust because His character has never changed.

Big Idea:

Faith rests not in the certainty of our circumstances, but in the certainty of God's character. (Psalm 4:5; Proverbs 3:5-6; Romans 8:28)

Psalm 4:5 NKJV

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

Proverbs 3:5-6 NKJV

⁵ Trust in the Lord with all your heart, And lean not on your own understanding;

⁶ In all your ways acknowledge Him, And He shall direct your paths.

Romans 8:28 NKJV

²⁸ And we know that all things work together for good to those who love God, to those who are the called according to *His* purpose.