

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.

Theological Introduction: “Put Your Trust in the Lord”

Psalm 4:5b (NKJV)

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

Psalm 4 was written during a season of **opposition**, **slander**, and **unrest** in David’s life. While many around him sought answers through **human wisdom**, **political maneuvering**, **personal revenge**, or **worldly solutions**, David pointed God’s people toward a different path: wholehearted trust in the Lord.

The command to “**put your trust in the Lord**” is not a call to blind optimism or wishful thinking. Biblical trust is a confident reliance upon the **character**,

promises, power, wisdom, and sovereignty of God. Trust means believing that God is who He says He is and that He will do what He has promised to do.

Throughout Scripture, trust is one of the defining marks of genuine faith. From **Genesis** to **Revelation**, God's people are repeatedly called to walk by faith rather than by sight. Trust becomes especially important when circumstances appear contradictory to God's promises.

Anyone can trust God when the path is **clear, resources are abundant, and life is comfortable.** True faith is revealed when God's people continue trusting Him in **uncertainty, suffering, opposition, and seemingly impossible situations.**

Theologically, trust rests upon **several foundational truths:**

1. Trust Depends on God's Sovereignty

God rules over all creation and governs every event according to His perfect will.

Proverbs 3:5-6 NKJV

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

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

Trust acknowledges that God's wisdom is infinitely greater than ours. When we cannot understand His ways, we can still trust His heart.

2. Trust Depends on God's Faithfulness

God never breaks His promises.

Numbers 23:19 NKJV

¹⁹“God is not a man, that He should lie, Nor a son of man, that He should repent. Has He said, and will He not do? Or has He spoken, and will He not make it good?”

Abraham trusted because God had promised. Israel was delivered because God remembered His covenant. Jehoshaphat prayed because he believed God would remain faithful.

3. Trust Depends on God's Power

Trust would be meaningless if God lacked the power to act.

Jeremiah 32:17 NKJV

¹⁷‘Ah, Lord God! Behold, You have made the heavens and the earth by Your great power and outstretched arm. There is nothing too hard for You.

The God who created the universe can certainly handle the crises of His people.

4. Trust Ultimately Points to Christ

Every Old Testament example of trust finds its fulfillment in Jesus Christ.

At the cross, the disciples saw apparent defeat. Yet God's greatest victory emerged from what appeared to be tragedy. Christ's resurrection proves that God's purposes cannot fail.

Romans 8:32 NKJV

³² He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?

If God can be trusted with our eternal salvation, He can certainly be trusted with our daily circumstances.

Modern-Day Introduction: Learning to Trust God in an Age of Anxiety

We live in a culture that values control. We purchase insurance, develop backup plans, track investments, install security systems, and seek guarantees wherever possible. Yet despite all our technology and resources, anxiety remains one of the defining characteristics of modern life.

People trust many things:

- Some trust money.
- Some trust government.
- Some trust education.
- Some trust relationships.
- Some trust their own abilities.
- Some trust social media experts and influencers.

Yet every one of these sources eventually proves inadequate.

A job can disappear overnight.

A doctor can deliver an unexpected diagnosis.

A retirement account can decline.

A relationship can fail.

A church can face conflict.

A nation can experience uncertainty.

Life has a way of exposing the weakness of human security.

The question is not whether we trust. Everyone trusts something. The real question is: **What are we trusting when life becomes difficult?**

Psalm 4 reminds us that when circumstances become confusing, frightening, or overwhelming, God's people are not called to **panic, manipulate, complain, or despair.**

They are called to trust:

Abraham trusted when God's command made no sense.

Israel trusted when trapped between the Red Sea and Pharaoh's army.

Jehoshaphat trusted when faced with an overwhelming military threat.

In every case, the situation was beyond human ability, but not beyond God's power.

The same principle remains true today.

- When a family faces financial hardship, trust God.
- When a church faces opposition, trust God.
- When health fails, trust God.
- When ministry becomes difficult, trust God.
- When the future is uncertain, trust God.
- When God's plan is not fully understood, trust God.

Faith does not mean we understand everything God is doing. Faith means we believe God is trustworthy even when we do not understand.

As believers, we do not trust in circumstances because circumstances change. We do not trust in ourselves because we are limited. We do not trust in people because people fail.

We trust in the Lord because He is **sovereign, faithful, wise, powerful, and good.** That is precisely what Abraham learned on Mount Moriah, what Israel learned at the Red Sea, and what Jehoshaphat learned on the battlefield.

Their testimony becomes our testimony:

2 Chronicles 20:12 NKJV

¹² O our God, will You not judge them? For we have no power against this great multitude that is coming against us; nor do we know what to do, but our eyes are upon You."

And that is the heart of **Psalm 4:5:**

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

II. Put Your Trust in the Lord

Psalm 4:5b (NKJV)

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

David calls the people to stop trusting appearances, rebellion, manipulation, and human schemes and instead trust the sovereign justice of God.

Old Testament Illustrations

1. Abraham Trusting God for Isaac

Genesis 22:1-14 NKJV

Abraham's Faith Confirmed

¹ Now it came to pass after these things that God tested Abraham, and said to him, "Abraham!" And he said, "Here I am."

² Then He said, "Take now your son, your only *son* Isaac, whom you love, and go to the land of Moriah, and offer him there as a burnt offering on one of the mountains of which I shall tell you."

³ So Abraham rose early in the morning and saddled his donkey, and took two of his young men with him, and Isaac his son; and he split the wood for the burnt offering, and arose and went to the place of which God had told him.

⁴ Then on the third day Abraham lifted his eyes and saw the place afar off.

⁵ And Abraham said to his young men, "Stay here with the donkey; the lad and I will go yonder and worship, and we will come back to you."

⁶ So Abraham took the wood of the burnt offering and laid *it* on Isaac his son; and he took the fire in his hand, and a knife, and the two of them went together.

⁷ But Isaac spoke to Abraham his father and said, "My father!" And he said, "Here I am, my son." Then he said, "Look, the fire and the wood, but where is the lamb for a burnt offering?"

⁸ And Abraham said, "My son, God will provide for Himself the lamb for a burnt offering." So the two of them went together.

⁹ Then they came to the place of which God had told him. And Abraham built an altar there and placed the wood in order; and he bound Isaac his son and laid him on the altar, upon the wood.

¹⁰ And Abraham stretched out his hand and took the knife to slay his son.

¹¹ But the Angel of the Lord called to him from heaven and said, "Abraham, Abraham!" So, he said, "Here I am."

¹² And He said, "Do not lay your hand on the lad, or do anything to him; for now I know that you fear God, since you have not withheld your son, your only *son*, from Me."

¹³ Then Abraham lifted his eyes and looked, and there behind *him* was a ram caught in a thicket by its horns. So Abraham went and took the ram, and offered it up for a burnt offering instead of his son.

¹⁴ And Abraham called the name of the place, The-Lord-Will-Provide; as it is said to this day, “In the Mount of the Lord it shall be provided.”

Abraham trusted God even when commanded to sacrifice Isaac.

Principle of Application

Faith trusts God even when His plans are difficult to understand.

2. Israel at the Red Sea

Exodus 14:10-14 NKJV

¹⁰ And when Pharaoh drew near, the children of Israel lifted their eyes, and behold, the Egyptians marched after them. So, they were very afraid, and the children of Israel cried out to the Lord.

¹¹ Then they said to Moses, “Because *there* were no graves in Egypt, have you taken us away to die in the wilderness? Why have you so dealt with us, to bring us up out of Egypt?”

¹² *Is this not the word that we told you in Egypt, saying, ‘Let us alone that we may serve the Egyptians’? For it would have been better for us to serve the Egyptians than that we should die in the wilderness.’*

¹³ And Moses said to the people, “Do not be afraid. Stand still, and see the salvation of the Lord, which He will accomplish for you today. For the Egyptians whom you see today, you shall see again no more forever.

¹⁴ The Lord will fight for you, and you shall hold your peace.”

Israel was trapped between Pharaoh and the sea, yet God delivered them.

Principle of Application

God often allows impossible situations so His power can be displayed.

3. Jehoshaphat Facing the Enemy

2 Chronicles 20:1-22 NKJV

Ammon, Moab, and Mount Seir Defeated

¹ It happened after this *that* the people of Moab with the people of Ammon, and *others* with them besides the Ammonites, came to battle against Jehoshaphat.

² Then some came and told Jehoshaphat, saying, “A great multitude is coming against you from beyond the sea, from Syria; and they are in Hazazon Tamar” (which is En Gedi).

³ And Jehoshaphat feared, and set himself to seek the Lord, and proclaimed a fast throughout all Judah.

⁴ So Judah gathered together to ask *help* from the Lord; and from all the cities of Judah they came to seek the Lord.

⁵ Then Jehoshaphat stood in the assembly of Judah and Jerusalem, in the house of the Lord, before the new court,

⁶ and said: “O Lord God of our fathers, *are* You not God in heaven, and do You *not* rule over all the kingdoms of the nations, and in Your hand *is there not* power and might, so that no one is able to withstand You?

⁷ *Are* You not our God, *who* drove out the inhabitants of this land before Your people Israel, and gave it to the descendants of Abraham Your friend forever?

⁸ And they dwell in it, and have built You a sanctuary in it for Your name, saying,

⁹ ‘If disaster comes upon us—sword, judgment, pestilence, or famine—we will stand before this temple and in Your presence (for Your name *is* in this temple), and cry out to You in our affliction, and You will hear and save.’

¹⁰ And now, here are the people of Ammon, Moab, and Mount Seir—whom You would not let Israel invade when they came out of the land of Egypt, but they turned from them and did not destroy them—

¹¹ here they are, rewarding us by coming to throw us out of Your possession which You have given us to inherit.

¹² O our God, will You not judge them? For we have no power against this great multitude that is coming against us; nor do we know what to do, but our eyes *are* upon You.”

¹³ Now all Judah, with their little ones, their wives, and their children, stood before the Lord.

¹⁴ Then the Spirit of the Lord came upon Jahaziel the son of Zechariah, the son of Benaiah, the son of Jeiel, the son of Mattaniah, a Levite of the sons of Asaph, in the midst of the assembly.

¹⁵ And he said, “Listen, all you of Judah and you inhabitants of Jerusalem, and you, King Jehoshaphat! Thus says the Lord to you: ‘Do not be afraid nor dismayed because of this great multitude, for the battle *is* not yours, but God’s.

¹⁶ Tomorrow go down against them. They will surely come up by the Ascent of Ziz, and you will find them at the end of the brook before the Wilderness of Jeruel.

¹⁷ You will not *need* to fight in this *battle*. Position yourselves, stand still and see the salvation of the Lord, who is with you, O Judah and Jerusalem!’ Do not fear or be dismayed; tomorrow go out against them, for the Lord *is* with you.”

¹⁸ And Jehoshaphat bowed his head with *his* face to the ground, and all Judah and the inhabitants of Jerusalem bowed before the Lord, worshipping the Lord.

¹⁹ Then the Levites of the children of the Kohathites and of the children of the Korahites stood up to praise the Lord God of Israel with voices loud and high.

²⁰ So they rose early in the morning and went out into the Wilderness of Tekoa; and as they went out, Jehoshaphat stood and said, “Hear me, O Judah and you inhabitants of Jerusalem: Believe in the Lord your God, and you shall be established; believe His prophets, and you shall prosper.”

²¹ And when he had consulted with the people, he appointed those who should sing to the Lord, and who should praise the beauty of holiness, as they went out before the army and were saying: “Praise the Lord, For His mercy *endures* forever.”

²² Now when they began to sing and to praise, the Lord set ambushes against the people of Ammon, Moab, and Mount Seir, who had come against Judah; and they were defeated.

Jehoshaphat trusted God through prayer and worship instead of panic.

Principle of Application

Victory comes through dependence upon God, not human strength.