

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 (yv. 2-5).

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

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.

4. Daniel in the Lion’s Den

Daniel 6:16-23 NKJV

¹⁶ So the king gave the command, and they brought Daniel and cast *him* into the den of lions. *But* the king spoke, saying to Daniel, “Your God, whom you serve continually, He will deliver you.”

¹⁷ Then a stone was brought and laid on the mouth of the den, and the king sealed it with his own signet ring and with the signets of his lords, that the purpose concerning Daniel might not be changed.

Daniel Saved from the Lions

¹⁸ Now the king went to his palace and spent the night fasting; and no musicians were brought before him. Also his sleep went from him.

¹⁹ Then the king arose very early in the morning and went in haste to the den of lions.

²⁰ And when he came to the den, he cried out with a lamenting voice to Daniel. The king spoke, saying to Daniel, “Daniel, servant of the living God, has your God, whom you serve continually, been able to deliver you from the lions?”

²¹ Then Daniel said to the king, “O king, live forever!

²² My God sent His angel and shut the lions’ mouths, so that they have not hurt me, because I was found innocent before Him; and also, O king, I have done no wrong before you.”

²³ Now the king was exceedingly glad for him, and commanded that they should take Daniel up out of the den. So, Daniel was taken up out of the den, and no injury whatever was found on him, because he believed in his God.

Daniel trusted God despite threats of death.

Principle of Application

Faithfulness to God is more important than personal safety.

5. Shadrach, Meshach, and Abed-Nego

Daniel 3:16-28 NKJV

¹⁶ Shadrach, Meshach, and Abed-Nego answered and said to the king, “O Nebuchadnezzar, we have no need to answer you in this matter.

¹⁷ If that *is the case*, our God whom we serve is able to deliver us from the burning fiery furnace, and He will deliver *us* from your hand, O king.

¹⁸ But if not, let it be known to you, O king, that we do not serve your gods, nor will we worship the gold image which you have set up.”

Saved in Fiery Trial

¹⁹ Then Nebuchadnezzar was full of fury, and the expression on his face changed toward Shadrach, Meshach, and Abed-Nego. He spoke and commanded that they heat the furnace seven times more than it was usually heated.

²⁰ And he commanded certain mighty men of valor who *were* in his army to bind Shadrach, Meshach, and Abed-Nego, *and cast them* into the burning fiery furnace.

²¹ Then these men were bound in their coats, their trousers, their turbans, and their *other* garments, and were cast into the midst of the burning fiery furnace.

²² Therefore, because the king’s command was urgent, and the furnace exceedingly hot, the flame of the fire killed those men who took up Shadrach, Meshach, and Abed-Nego.

²³ And these three men, Shadrach, Meshach, and Abed-Nego, fell down bound into the midst of the burning fiery furnace.

²⁴ Then King Nebuchadnezzar was astonished; and he rose in haste *and* spoke, saying to his counselors, “Did we not cast three men bound into the midst of the fire?” They answered and said to the king, “True, O king.”

²⁵ “Look!” he answered, “I see four men loose, walking in the midst of the fire; and they are not hurt, and the form of the fourth is like the Son of God.”

Nebuchadnezzar Praises God

²⁶ Then Nebuchadnezzar went near the mouth of the burning fiery furnace *and* spoke, saying, “Shadrach, Meshach, and Abed-Nego, servants of the Most High God, come out, and come *here*.” Then Shadrach, Meshach, and Abed-Nego came from the midst of the fire.

²⁷ And the satraps, administrators, governors, and the king’s counselors gathered together, and they saw these men on whose bodies the fire had no

power; the hair of their head was not singed nor were their garments affected, and the smell of fire was not on them.

²⁸ Nebuchadnezzar spoke, saying, “Blessed be the God of Shadrach, Meshach, and Abed-Nego, who sent His Angel and delivered His servants who trusted in Him, and they have frustrated the king’s word, and yielded their bodies, that they should not serve nor worship any god except their own God!

They trusted God even if He chose not to deliver them physically.

Principle of Application

True faith trusts God’s sovereignty regardless of the outcome.