

Ps. 4 Notes - God's Answer for Times of Stress

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1. Distress – *Feelings of stress*

Plea – prayer – hear when I call
God is the source of Righteousness
Bless me when in difficult times
Have mercy on me
Hear my prayer

2. Source of distress

Wicked people
Vanity
Dishonesty

3. But know that God sets His people apart – *Knowledge of truth*

To Himself
God hears His people

4-5. Choice – *of responses to feelings of stress and knowledge of truth*

Stand in awe of God
Do not sin
Commune with God in your quiet meditation
Be still
Offer

“If ye be angry, and if ye think ye have cause to be angry; do not let your disaffection carry you to acts of rebellion against God Consider the subject deeply before you attempt to act. Do nothing rashly; do not justify one evil act by another: sleep on the business.... *The Treasury of David*

6. Plea for God to shine His face of acceptance on us

Because of the challenge of the people around us

7. Result of trust in God and standing in awe of God

Gladness of heart
More than financial success

8. The Lord is the only source of safety – *Security is from God*

I will rest in peace
I will sleep

God is the only source of security in times of stress

Right choice in verse 4 produces security, rest, peace, sleep, joy