

Sermon: Calm and Confidence In All Circumstances.
Series: *Psalms of Hope and Encouragement.*

Scripture: Psalm 4.
Date: May 1, 2022

OBSERVATION -- As a group, talk through and summarize the passage. Think through *Who, What, Where, When, How, Why* questions together.

INTERPRETATION -- Answer these questions together:

1. What does this passage teach us about us?

- a) When you are in distress where do you turn for help? Is prayer to God instinctual for you? Why or why not?
- b) v. 4. What do you tend to do with your anger? Does it impact your rest/sleep? What does verse 4 suggest we do instead?

2. What does this passage teach us about God?

- a) What specific things does David pray for in Psalm 4? What do these requests teach us about the character of God?
- b) In verse 1 David recalls times in the past when God “gave relief.” Can you recall a time in the past when God answered a prayer or “gave relief when you were in distress?”

3. What does this passage teach us about grace/salvation? How does it point to Christ?

- a) In Psalm 4:6 David asks God to “lift up the light of his face upon us.” What do you think David meant by this prayer (see also Numbers 6:24-26)?

Read also 2 Corinthians 4:6. How does Jesus reveal the glory and graciousness of God? How has Jesus put joy in your heart (v.7) in spite of your difficult circumstances?

APPLICATION

- a) Pastor Mark said that one sign of spiritual growth is that we can affirm that God is still worth trusting even when we don’t understand all the circumstances of our life. In what specific area of your life have you learned to trust God’s heart even when you don’t understand his ways?
- b) Is there a change to your night time routine that needs to happen, something that might include reflecting on Christ and his security (v.8) as a replacement for your anger/anguish (v4)? What might this routine look like?

FIGHTER VERSES: Psalm 121.

PRAYER

- Praise God for his gracious presence in your life.
- Confess ways that you have failed to seek God and his “face” as your greatest good.
- Thank Jesus for being the proof and the indwelling power of God’s grace and goodness in our lives.
- Ask God to grant you the joy and peace you need to live in rest before God.