

Second Sunday in Lent – 2025

Saturday, 3/15 at 4:00 & Sunday, 3/16 at 9:00

Relief For Troubled Christians

Text: Psalm 4:1-8 ESV

Lenten Wednesdays: Service 11, Meal 12 | Meal 6, Service 7

Introduction: Dear friends: Even when we trust in Jesus for eternal life, *trouble can come into our lives.*

Today, we remember a time of **great trouble** in David's life; this is a summary of what happened:

- David fell into the sins of adultery and murder (2Sa. 11).
- David repented and was forgiven, *but trouble came into his family involving his children: Amnon, Tamar, and Absalom* (2Sa. 12-13).
- Later, when Absalom conspired to replace David as the king of Israel, *David fled with part of his army* (2Sa. 15).
- When David and his **small army** were being pursued by Absalom and a **much larger army** (2Sa. 17), David was moved by the Holy Spirit to write **Psalm 4**.
- Dr. Kretzmann – on **Psalm 4**: “...to stimulate [David's] own courage and to revive the drooping spirits of his men. David wrote this hymn... [as] a song of consolation for all those who are in trouble.”

May the Holy Spirit enable us to rightly understand **Psalm 4** and use it in our own lives whenever we are in trouble.

1. **Verse 1:**

- a. **Answer me when I call, O God of my righteousness!**
// To be saved, heaven-bound, and heard by God,
God must be the source of our righteous: “The

righteous cry, and the LORD hears And delivers them out of all their troubles” (Ps. 34:17). What about the unrighteous? Their prayers are not heard (Pro. 15:29).

- b. **You have given me relief** [*made room for me*] **when I was in distress.** // In the past, David requested relief and received it; so, here, David asked again. When we ask and God helps us, we become more confident that He will help us again. Paul wrote: “...we also exult in our tribulations, knowing that **tribulation** brings about **perseverance**; and perseverance, **proven character**; and proven character, **hope...**” (Rom. 5:3-5).
- c. **Be gracious to me and hear my prayer!** // Hear me, **not** because I deserve it, **but because of Your grace.**

2. Verse 2:

- a. David to His Army: **O men, how long shall my honor be turned into shame?** David was chosen by God to be the king of Israel (1Sa. 16:13), but Absalom, *and his followers*, ♦put David to shame, ♦caused him to flee, and ♦wanted to put him to death.
- b. David to Absalom’s Army: **How long will you love vain words and seek after lies?** // How long will you believe lies about me and do what is meaningless?
- c. **Selah:** A time to pause and think about vv. 1-2.

3. **Verse 3:** **But know that the LORD has set apart the godly for himself; the LORD hears when I call to him.** // David was **not** sinless, **but** he is identified by the LORD as “a man after His own heart” (1Sa. 13:14). David was confident in the LORD and believed the LORD would hear him. Jesus said: “If you abide in Me, and My words abide in you, ask whatever you wish, and it will be done for you” (Jn. 15:7).

4. **Verse 4: Be angry, and do not sin; ponder in your own hearts on your beds, and be silent. *Selah***
- Most Anger is Sinful and Can Separate Us from Christ: “...do not let the sun go down on your anger, and do not give the devil an opportunity” (Eph. 4:26-27).
 - Righteous Anger is Not Sinful: When Jesus drove the moneychangers from the Court of the Gentiles (Mt. 21:12-13), He was angry, **but** *He did not sin*.
 - Selah – Think: God knows everything, is in control, and will take vengeance *in His way and at His time*.
5. **Verse 5: Offer right sacrifices, and put your trust in the LORD.**
- What Does God Desire? **Not** an outward show of sorrow, **but** “a broken spirit... and a contrite heart” (Ps. 51:17).
 - Therefore: It is critical for us to be open to the Spirit working through the word to work godly sorrow, give us trust in the LORD, and move us to show our new life in Christ. “...if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come” (2 Cor. 5:17). Is that true for YOU?
6. **Verse 6: There are many who say, “Who will show us some good? Lift up the light of your face upon us, O LORD!”**
- David and His **Small Army**: They were being pursued by Absalom and his **MUCH LARGER ARMY**. The odds of survival were extremely low, but, *with God, all things are possible!*
 - David Wanted His Men to Know: No matter the odds, If only the LORD will look with favor, *we will be saved!* Let us know the same **and** always trust in the LORD!

7. **Verse 7: You have put more joy in my heart than they have when their grain and wine abound.**
- a. When You Need Your Crops For Survival: There is great joy when the harvest is plentiful. David had that joy, **not** because of his circumstances, **but** *because he was trusting in the LORD*.
 - b. It's Typical that Our Circumstances Control Our Mood – Sad, Glad, Afraid: But when we have our trust in the LORD, *then we can have “the peace of God, which surpasses all comprehension” (Phil. 4:7)*, in other words, **PEACE IN EVERY CIRCUMSTANCE!**
8. **Verse 8: In peace I will both lie down and sleep; for you alone, O LORD, make me dwell in safety.** // As David did **not** trust in the size of his army or his weapons of war, **but** in the LORD. Our Father In Heaven Is Telling Us Today:
- a. For Our Entrance Into Heaven: Do **not** trust in your goodness, **but** only in My Son and His finished work!
 - b. For Your Daily Needs: Do **not** trust in government handouts **but** use your abilities to honor Me and I will provide all you need!
 - c. For Your Safety When Sleeping: Do **not** trust in ✦your dog, ✦your deadbolt locks, ✦your security system, or ✦your gun, **but trust in Me and sleep in peace!**

Let Us Pray: Dear LORD, since we can easily take our eyes off You and become troubled, **draw** us close, **keep** us in Your word, and **carry** us through every trouble of this fallen world!

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