

Studies in the Psalms
Psalm 4 – “Between A Rock and A Hard Place”

THE THEME: *Confidence under pressure...*

KEY VERSE: **v.3** – “But know that the LORD has set apart for Himself him who is godly; The LORD will hear when I call to Him.”

What are we supposed to do, when we find ourselves—between a rock and a hard place?

1st – PRAY with holy boldness (v.1) – Bold prayer involves;

(1st) A Real Sense of **DESPERATION** – “Hear me when I call” – **Luke 11:5-13...**

(2nd) A Real Sense of **OUR RELATIONSHIP WITH GOD** – David calls on God and says, “O God of my righteousness.”

(3rd) A Real Sense of **PAST MERCIES** – “You have relieved me in my distress”

(4th) More **EARNESTNESS** – “Be merciful (gracious... favorable) to me—**HEAR ME!**”

2nd – TRUST GOD with an explicit faith (v.2-5)

○ **His FOES** oppressed him (v.2-3)

○ **His FRIENDS** (v.4-5)

“**BE ANGRY, and do not sin.**” – Righteous anger is the expression of moral outrage against sin...

“**Offer the sacrifices of the righteous...**” – Do what you know God wants you to do...

“Put your TRUST in the Lord.” – and stop being so negative about things going on around us – v.6a

3rd – Be GLADHEARTED and CALM (v.6b-8)

‘The amount which you understand the gospel is measured by your ability to be joyful in all circumstances. If you grasp what a treasure the presence and acceptance of God are, then even when life goes really wrong you will have a joy that sustains you, because you’ll recognize the value of what you have in Him. When life punches you in the face, you’ll say, ‘But I still have the love and acceptance of God, a treasure I don’t deserve.’ And the joy you find in that treasure can make you rejoice even when you have a bloody nose. You have a joy that death and depravation cannot touch.’ – J. D. Greear, Gospel: Recovering the Power that Made Christianity Revolutionary (p.81)