

Now I Lay Me Down To Sleep Psalm 4

Introduction.

- 1). In Psalm 127:2 the Bible says, “for He [the Lord] grants sleep to those He loves (NIV).”
- 2) Psalm 4 is an evening psalm (v.8) and a companion to Psalm 3. Psalm 3 is appropriately prayed when you get up (3:5). Psalm 4 is appropriately prayed before you lie down (4:8). It is another psalm of lament, though it also has components of the psalms of trust or confidence.

I. Remember: God Answers the Prayers of Hurting **4:1**

David is going through a difficult time as he makes clear in vs. 2, 4 & 6. What does he know about the God to whom he prays?

1) God will act righteously

- Twice in this verse David ask God to hear him: God is righteous both in His character and His conduct. Here the latter is in view.

2) God will give relief

- David is under distress (pressure) that is psychological, physical, spiritual or all the above! The word for distress means a “tight corner.” By a series of 4 imperatives he pours out his heart to the Lord asking for relief: 1) hear me; 2) relieve me; 3) have mercy; 4) hear me.

David needs God to give him some space. He needs from God what he knows he does not deserve: mercy.

II. Remember: God Honors the Pure in Heart **4:2-5**

Psalm 3 addressed physical danger. Psalm 4 notes personal slander. David begins to address his enemies, those who oppose him. He challenges them to follow him in repentance from sin and trust in the Lord (*Yahweh*, 5 times in vs. 3-8).

1) Avoid that which is shameful **4:2**

- Sons of men in Hebrew denotes the class of prominent citizens, the powerful in Israel, the movers and shakers. First, they have turned the glory of God’s anointed (Psalm 2) into shame and in the process dishonored the Lord (Psalm 3:3!). Second, they love the worthless (*ESV*, “vain words”) and seek falsehoods (*ESV*, “lies”).

2) Claim that which is sure **4:3**

- The ways of the ungodly shall perish (1:6), but the way of the Lord is set apart and sure. This promise draws on major themes of both Ps. 1 and Ps. 2 (2:6).
- How beautiful are the sure things of v.3 contrasted with the uncertain things of v.2.

3) Flee that which is sinful **4:4**

- Do not let you anger give way to sin (Eph. 4:26). “*Tremble*” (*NASV*), but do not sin. Get alone with God and let Him deal with your heart. (cf. the wicked on their bed in Ps. 36:4; Micah 2:1).

Application- It is always wise to sleep on it before acting on it, no matter what it is! Selah! Think about that!

4) **Sacrifice that which is sincere** **4:5**

- (cf. Psalm 51:17) The righteous God (v.1) requires righteous sacrifices. Such sacrifices, must be genuine, real!

III. Remember: God Prospers the Hopeful **4:6-7**

1) **Seek the Lord's presence** **4:6**

- The *NIV* says, "Let the light of your face shine upon us, O Lord." David draws from the great Aaronic benediction found in Num. 6:24-26.
- The phrase "light of your face" ("countenance") speaks of God's personal presence in covenant faithfulness. He is simply asking the Lord to make real in personal experience what he knows is his by divine promise.

2) **Celebrate the Lord's provision** **4:7**

- Basking in His presence gives me more gladness (*NIV*, "greater joy") than all the material blessings this world could offer.
- An outstanding grain harvest, an incredible abundance of wine. All this pales in comparison to what one receives when the face of the Lord shines upon them.

IV. Remember: God Gives Peace to the Humble **4:8**

David's enemies may be against him but his Lord is on his side. As Paul says in Rom. 8:31, "If God is for us, who can be against us?"

1) **The humble rest in the Lord**

- No matter what is going on around me, I can 1) lie down in peace, and 2) sleep. My enemies may struggle on their bed (v.4), but I will sleep on mine.

2) **The humble trust in the Lord**

- My security is not in wealth or wisdom, position or possessions. I am not safe if it depends on me. I am safe only in the Lord (Heb. 13:5, John 10:28).
- In light of the truths found in Psalm 4 I would suggest this little rhymn:
 "Now I lay me down to sleep,
 I trust the Lord my soul to keep.
 If I should die before I wake,
 I trust the Lord my soul to take."