

Lament Exhortation

Psalms of David · Book I

"For the choir director, with stringed instruments, a Psalm of David"

PICTURE WORD

Pillow

IN ONE SENTENCE

*In distress David prays, calls others to trust the LORD, and lies down in peace because God alone gives safety.***Remember it:** Psalm Four: lay your head on God's peace like a pillow.

MEMORY VERSE

In peace together
I will lie down
and sleep
for You alone O Yahweh
make me dwell in safety

Psalm 4:8 · the author's translation

HEBREW WORD

בְּשָׁלוֹם

"in peace" · verse 8

In the Psalms: 27 times, in 19 psalms

שָׁלוֹם, "peace," comes from a root meaning whole or complete. It is more than the absence of trouble: it means wholeness, well-being, and everything being as it should. David lies down "in peace" while the trouble is still there, because the LORD alone keeps him safe.

HOW THE PSALM MOVES

- 1** David asks God to answer and relieve his distress.
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- 2–5** He warns others to stop chasing lies and trust the LORD.
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- 6–8** God's face gives gladness and safe, peaceful sleep.
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IN THE NEW TESTAMENT

v. 4 → **Ephesians 4:26** Be angry and do not sin.

MY NOTES

**Listen.** Hear Psalm 4 sung in the **Psalm Song** app, or free at ispress.de/psalms/4.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Refuge in Trouble

Waiting on God

FILL IN THE BLANKS

In _____ David prays, calls others to trust the LORD, and lies down in _____ because God alone gives _____.

CHECK YOURSELF

1. What does David tell people to do on their beds?

- ☐ (A) Search their hearts and be still
- ☐ (C) Count their money

- ☐ (B) Plan their revenge
- ☐ (D) Sing loudly

2. What does David say God put in his heart?

- ☐ (A) Fear
- ☐ (C) Anger

- ☐ (B) Gladness
- ☐ (D) Pride

3. What does David compare his gladness to?

- ☐ (A) Victory in war
- ☐ (C) A wedding day

- ☐ (B) A royal feast
- ☐ (D) Increased grain and new wine

TALK IT OVER

1. Many ask, "Who will show us any good?" How does David answer them?

2. What does it mean to ask God to let "the light of your face" shine on us?

3. What habit could help you go to sleep trusting God instead of worrying?

IN YOUR OWN WORDS: WHAT DOES PSALM 4 TEACH?

- ☐ I listened to the song
- ☐ I can say verse 8 by heart

- ☐ I can say what it teaches
- ☐ I know the picture word

Answers Blanks: distress · peace · safety · Check yourself: 1. A (v. 4) · 2. B (v. 7) · 3. D (v. 7)