

五至六月的证道系列 “大卫的诗篇”

证道题目：“我呼吁的时候，求祢应允我”

2026年5月17日

经文：《诗篇 4》

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介绍

1. 新的证道系列 - “大卫的诗篇”
 - a. 选读大卫所作的诗篇
 - b. 理解每个诗篇的背景，以及大卫当时所经历的处境
 - c. 学习有关
 - i. 上帝
 - ii. 实践在上帝里的信心
2. 今天的焦点 - “我呼吁的时候，求祢应允我” 《诗篇 4》

《诗篇 4》的背景

1. 诗篇的上标（或称标题）

“大卫的诗，交于伶长。用丝弦的乐器。”
2. 大卫所写，交给伶长用于集体敬拜的诗
3. 表达大卫在困境中向上帝呼求的反思
4. 也被称为“晚祷诗”

在生活的困境中向上帝呼求

1. 向上帝祷告呼求

“显我为义的神啊，我呼吁的时候，求祢应允我。我在困苦中，祢曾使我宽广；现在求祢怜恤我，听我的祷告。” 《诗篇 4：1》

- a. 关系亲密的上帝- “显我为义的神啊”
 - b. 当他在困苦中上帝曾使他宽广
 - c. 恳求上帝怜恤，听他的祷告
2. 说明向上帝呼求的原因
- “你们这上流人哪，你们将我的尊荣变为羞辱，要到几时呢？你们喜爱虚妄，寻找虚假，要到几时呢？（细拉）” 《诗篇 4： 2》
- a. 大卫被仇敌攻击
 - i. 那些将他的尊荣变为羞辱的
 - ii. 那些喜爱虚妄，寻找虚假的
 - b. “要到几时呢……要到几时呢……”
 - i. 这是个持续的问题
 - ii. 一个未解决的问题

实践信心并确证知识

1. 知识与确信
- “你们要知道，耶和华已经分别虔诚人归祂自己，我求告耶和华，祂必听我。” 《诗篇 4： 3》
- a. 上帝满有恩慈地已经分别虔诚人归祂自己
 - b. 上帝必听他的呼求
2. 祷告与思想
- “你们应当畏惧，不可犯罪；在床上的时候要心里思想，并要肃静。当献上公义的祭，又当倚靠耶和华。有许多人说：“谁能指示我们什么好处？” 耶和华啊，求祢仰起脸来，光照我们！” 《诗篇 4： 4-6》
- a. 心里思想，并要肃静
 - i. 一位对自己子民满有恩慈的上帝 《诗篇 4： 3》

- ii. 一位垂听祷告的上帝
- b. 应当畏惧，不可因发怒而犯罪
- c. 当持续献上公义的祭（在生活中行公义）
- d. 信靠上帝的同在与帮助
 - i. 相对于灰心，以及他人带来负面的影响
 - ii. 乃是寻求上帝的面光（上帝的喜悦）

大卫美好的见证

1. 他所面对的困难
 - a. 并未解决
 - b. 持续着
2. 代替困苦
 - a. 上帝所赐的特别的喜乐
 - “祢使我心里快乐，胜过那丰收五谷、新酒的人。” 《诗篇 4: 7》
 - i. 上帝亲自赐心里的快乐
 - ii. 这快乐胜过那丰收五谷、新酒的人
 - b. 上帝所赐的特别的平安
 - “我必安然躺下睡觉，因为独有祢耶和华使我安然居住。” 《诗篇 4: 8》
 - i. 安然躺下睡觉（夜里心中有平安）
 - ii. 因为上帝使他安然

给予大家的鼓励

1. 学习在困苦中祷告

2. 祷告后实践信心
3. 体验唯有上帝能赐的喜乐与平安
4. 通过祷告学习安静思想

May-June Pulpit Series – “The Davidic Psalms”

Message Title : “Hear me when I call”

17 May 2026

Text: Psalm 4

INTRODUCTION

1. Pulpit Series – “The Davidic Psalms”
 - a. Reading selected Davidic Psalms
 - b. Understanding the context of each Psalm and what David was going through
 - c. Learning lessons about
 - i. God
 - ii. Exercising faith in God
2. Our focus today – “Hear me when I call” Psalm 4

THE CONTEXT OF PSALM 4

1. Superscription (Title of the Psalm)

“To the Chief Musician. With stringed instruments. A Psalm of David.”
2. A Psalm written by David given to the Chief Musician for public worship
3. Capturing David’s reflections as he cried out to God in distress
4. Also known as the “Evening Psalm”

CRYING TO GOD AMIDST THE PROBLEMS OF LIFE

1. Crying out to God in prayer

“Hear me when I call, O God of my righteousness! You have relieved me in my distress; have mercy on me, and hear my prayer.” Psalm 4:1

- a. A very personal God – “O God of my righteousness”
- b. Recalling how God had relieved him from distress in the past
- c. Pleading for God to have mercy and to hear his prayer

2. The reason for crying out to God stated

“How long, O you sons of men, will you turn my glory to shame? How long will you love worthlessness and seek falsehood? Selah” Psalm 4:2

- a. David was afflicted by enemies
 - i. Who turned his glory to shame
 - ii. Who loved worthless things and sought falsehood
- b. “How long... how long...”
 - i. An ongoing problem
 - ii. A problem that was not yet resolved

EXERCISING FAITH AND AFFIRMING KNOWLEDGE

1. Knowledge and confidence

“But know that the Lord has set apart for Himself him who is godly; the Lord will hear when I call to Him.” Psalm 4:3

- a. That God has graciously set apart for Himself him who is godly
- b. That God will hear his call

2. Prayer and meditation

“Be angry, and do not sin.

Meditate within your heart on your bed, and be still. Selah

Offer the sacrifices of righteousness, and put your trust in the Lord.

There are many who say, ‘Who will show us any good?’

Lord, lift up the light of Your countenance upon us.” *Psalm 4:4-6*

- a. To meditate within the heart and be still
 - i. On a God who is gracious to His people cf. Psalm 4:3
 - ii. On a God who hears prayers
- b. To not allow anger to lead to sin
- c. To continue offering sacrifices of righteousness (righteous living)
- d. To put his trust in God’s Presence and Help
 - i. In contrast to negativity and discouragement from others
 - ii. To seek the light of God’s countenance (favor) instead

DAVID’S WONDERFUL TESTIMONY

- 1. The problems he faced
 - a. Not yet resolved
 - b. Still ongoing
- 2. But in place of distress came
 - a. Special gladness from God

“You have put gladness in my heart, more than in the season that their grain and wine increased.” *Psalm 4:7*

- i. Gladness put in the heart by God Himself
 - ii. Gladness greater than when grain and wine increased
 - b. Special peace from God

*"I will both lie down in peace, and sleep;
For You alone, O Lord, make me dwell in safety." Psalm 4:8*

- i. To lie down and sleep (peace in the heart at night)
- ii. Because God has made him safe

ENCOURAGEMENT TO US ALL

1. Learning to pray in times of distress
2. Exercising faith and trust post prayer
3. Experiencing special gladness and peace that only God can give
4. Practicing meditation through prayer