

Text: **Psalm 4**

Title: **“Meditate within your heart”**

INTRODUCTION

1. Trials and tribulations in life

2. The Context of the life of the Psalmist David
 - a) Hated and hunted by King Saul

 - b) Problems of rebellion

3. The theme of battling “enemies”
 - a) A frequent theme

 - b) The Davidic Psalms reflected the way in which David responded to the problems that he faced in his life

THE PROBLEMS FACED IN LIFE

1. Distress recalled
 - a) Calling on God in the past

 - b) Calling on the God of righteousness

*“Hear me when I call,
O God of my righteousness” Psalm 4:1*

 - c) How the Lord gave relief

“You have relieved me in my distress” Psalm 4:1b

2. Distress from enemies

- a) Turning David's glory to shame

*"How long, O you sons of men
Will you turn my glory into shame?" Psalm 4:2a*

- b) Enemies who seem to love "worthlessness"

"How long will you love worthlessness?" Psalm 4:2b

THE POWER OF KNOWLEDGE OF GOD

1. God has set apart for Himself

- a) "Those who are godly" (Psalm 4:3a)

- b) This is an assuring thought

2. God will hear their prayers

- a) Encouragement to pray

- b) Effort to pray

"The LORD will hear when I pray" Psalm 4:3b

THE PRACTICE OF MEDITATION

1. Understanding feelings of anger

- a) "Be angry" (Psalm 4:4a)

- b) "And do not sin" (Psalm 4:4b)

- i) Anger is a human response

- ii) But it does not have to result in sin

2. How Meditation helps

- a) "Meditate within your heart" (Psalm 4:4b)

- b) "Be still" (Psalm 4:4c)

POST-MEDITATION PLANS

1. Worship God

a) "Offer the sacrifices of righteousness" (Psalm 4:5a)

b) "Put your trust in God" (Psalm 4:5b)

2. The Problems in life may still exist

a) People who are discouraged

b) Problem of unbelief

"Who will show us any good?" Psalm 4:6a

c) Practise prayer

"LORD, lift up Your countenance upon us" Psalm 4:6b

PERSONAL LIFE UPLIFTED

1. The blessing of gladness

a) You have put gladness in my heart (Psalm 4:7a)

b) More than in the season that their grain
and wine increased (Psalm 4:7b)

2. The blessing of sleep

a) I will both lie down in peace (Psalm 4:8a)

b) And sleep (Psalm 4:8b)

3. The blessing of assurance

"You alone, O LORD, make me dwell safely" Psalm 4:8c

CONCLUSION

1. Let Meditation be learned and practised

a) Take note of what is experienced

i) Rest

ii) Assurance

iii) Joy

iv) Peace

b) These are blessings that attend good meditation

2. Let Meditation draw us even closer to God

a) In gratitude

b) In worship

c) In depth of faith

d) In growing closeness to the Lord