

12. Given what David has described in this Psalm how easy do you think it was for him to have a sense of peace? How does he say that peace will show itself?

13. Some suggest that Psalms 3 and 4 go together, possibly both being written during Absalom's rebellion. What do we see in both about sleep? Why do you therefore think some suggest one was written in or for the morning and the other in or for the evening?

## Pray

Pray for those who feel themselves to be bullied whether in schools, family, workplace or wherever. Pray that in such trouble they might call out, like David and seek the Lord. Pray that those who bully would be convicted of their wrong and stop.

Many of the Psalms are prayers - pray for your own prayer life determining to make time each day to pray and to be ready to turn to God in times of need.

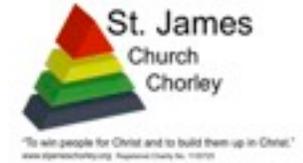
Give thanks for our prayer ministry at St James and for Ann Parker in her role as coordinator. Pray that as a church we would value times praying together much more and that our weekly, monthly evening and half-termly central/prayer meetings would all be better attended.

Pray for Sarah J and team in preparing for the summer fair and that it would be a good and enjoyable day and a means of getting to know folk from our local community.

*David Phillips,*

# The Psalms

## Psalm 4 : Peace! Be Still!



*Scripture gives a title to this Psalm which is in capital letters in the ESV. (The bold italic titles in the ESV are added by modern publishers, they are not scripture.) Even as a teenager David was a skilled musician and this Psalm seems to have been written, or came to be used, for singing. The word Selah is also part of the text of scripture but despite various theories its precise meaning is uncertain and so it is normally left untranslated. Feel free to read it, but it is often best skipped over as we don't know how it should be read.*

### Read Psalm 4

#### Calling out to God v1

1. The Psalm begins with David's petition; what three things does he ask for?
2. In the middle of the verse David says "You have given me relief...". Why do you think he mentions this here? Is it for David's benefit or God's?
3. If we take this middle phrase as an example of prayer to follow what sort of things might we say in prayer and why?

### **How long? v2-5**

*David was clearly being troubled by others, though they were not necessarily enemies, and it hurt. In these verses he seems to be speaking to them.*

4. What do we learn from verse 2 about the trouble he faced and how it left David feeling?

5. We hear quite a bit today about bullying in various forms. Why can the things people say about us hurt so much?

6. When David twice asks his troublers the question “how long’ what is he saying?

7. How is what David says in verse 3 about being “set apart” a warning to David’s troublers? How is it also an encouragement to David himself?

8. Verse 4 suggests people were angry with David, possibly rightly so. But from this verse what is the danger of anger? If we find ourselves angry what does this verse tell us to do? What else is said in Ephesians 4.25-26?

9a. In this Psalm, unlike some others, David is not crying out for revenge. Instead what does he do in verse 5?

9b. What do **Matt 5.44** and **1 Pt 3.9** tell us to do when troubled by others?

### **Light, Joy, Peace v6-8**

*These final verses are spoken to God and are very upbeat.*

10a. What do you think is meant by what David prays in the second half of verse 6?

10b **Read Numbers 6.22-27** to see how it reflects the blessing of God spoken by Aaron.

11a. Psalm 1 spoke about prospering and could be misunderstood as meaning material prosperity. How does Psalm 4 verse 7 show that true joy is not to be found in abundance of things?

11b. What does Jesus say is the danger in the abundance of things in **Luke 12.15**?