

A THEMATIC STUDY OF THE PSALMS**Psalms 4****INTRODUCTION**

1. Approach
 - a. A thematic approach
 - b. Understand the theological significance of each psalm
 - c. Appreciate the relationship between the different psalms
 - d. To cluster them accordingly
 - e. Highlight the theological aspects rather than the historical aspects
2. Themes
 - a. Inspiration for worship
 - b. The place of prayer
 - i. Regular
 - ii. Chronic situation
 - c. Heartfelt repentance
 - d. Complexity of vindication
 - e. Contrast between the righteous and the wicked etc

THE THEME OF PRAYER

1. The place of prayer in our life
2. Focusing on the need to pray each day
3. Adverse circumstances helped David to seek the Lord even more in prayer

SEEKING THE LORD IN TIMES OF DIFFICULTIES**Psalms 4**

1. Reasons for being driven to pray
 - a. Struggling with difficult circumstances

"How long, O you sons of men,
Will you turn my glory to shame?
How long will you love worthlessness
And seek falsehood? Selah" Psalms 4:2

- b. Pleading for God to hear his prayers - Basis

"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." Psalms 4:1

“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

2. Practices during prayer

“Be angry, and do not sin.

Meditate within your heart on your bed, and be still. *Selah*” Psalm 4:4

- a. Practise Self-control
- b. Practise Meditation
- c. Practise being still

3. Post-prayer practices

“Offer the sacrifices of righteousness,
And put your trust in the Lord.” Psalm 4:5

- a. Offering the sacrifices of righteousness
- b. Putting trust in the Lord

4. Dealing with doubts that come up

“*There are* many who say,

“Who will show us *any* good?”

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

REFLECTIONS FROM PRAYER AND POST-PRAYER PRACTICES

“You have put gladness in my heart,
More than in the season that their grain and wine increased.
I will both lie down in peace, and sleep;
For You alone, O Lord, make me dwell in safety.” Psalm 4:7-8

- 1. God giving gladness
- 2. God giving peace and providing protection

PERSONAL APPLICATION

- 1. Being driven to pray in times of challenges
- 2. Praying with faith that God will hear our prayers
- 3. Learning to have post-prayer practices