

Message Notes for February 13, 2022

Message Series: Psalm 4

Message Title: What's the Recipe for a Good Night's Sleep?

Psalm 4 is a wonderful prayer to read as we get ready to go to _____.

**Courses of action David took in Psalm 4 (The Recipe)
when feeling deeply distressed:**

-David _____ *God for relief and mercy (v.1)*

Answer me when I call to you, my righteous God. Give me relief from my distress; have mercy on me and hear my prayer. Psalm 4:1 NIV

How long will you people ruin my reputation? How long will you make groundless accusations? How long will you continue your lies?

Psalm 4:2 NLT

-David _____ *in knowing that he was favored and set apart by God and that the Lord heard him when he called (v.3)*

Know that the Lord has set apart his faithful servant for himself; the Lord hears when I call to him. Psalm 3:3 NIV

-David was _____ *before God (v.4)*

Stand before the Lord in awe, and do not sin against him.

Lie quietly upon your bed in silent meditation. Psalm 4:4 LIV

Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest."

Mark 6:30-32 NIV

-David did what was _____ and put his trust in God (v.5)

Offer the right sacrifices to the Lord, and put your trust in him.

Psalm 4:5 TEV

Verse 6 brings a great question to us. Who will show us some _____?

There are many who say, "Who will show us some good?

Lift up the light of your face upon us, O Lord!"

Psalm 4:6 ESV

-David was _____ that the joy in his heart was a gift from God, not as the result of some forced smile that might bring a temporary good feeling (v.7)

But the joy that you have given me is more than they will ever have
with all their grain and wine.

Psalm 4:7 TEV

I will both lie down and sleep in peace;

for you alone, O Lord, make me lie down in safety.

Psalm 4:8 NRSV

-David _____ in the assurance of God's peace and safety (v.8)