

A Survey of the Psalms - 1

Psalm 4

The Discouraged Man

Focus Verse: **Psalm 150:6**Lesson Verse: **Psalm 4:4****I. Introduction to the Book of Psalms**

- A. The Book of Psalms in the Old Testament is God's answer to the headaches and heartaches of life. Without it the Bible would not be complete - as a matter of fact, next to the Gospels, Psalms is probably the most read part of the Bible because of the reality and the promises found there!
- B. We have learned about the Blessed Man (Psalm 1), and then the Heathen Man (Psalm 2)!
- C. This week we turn to the Troubled Man – the Discouraged Man! We will visit this same theme over and over in the Book of Psalms, because it is a fact of life. There are about a dozen themes in Psalms that keep getting repeated - repetition is the mother of all learning!
- D. What is great about this Bible though is it not only shows us the feelings we are experiencing, but also the way through all the jungle of emotions
- E. We turn now to the Troubled Man. The guy in distress. Someone who has been shamed, and defeated. How does he or she respond?

II. Psalm 4 - The Discouraged Man – How to Find Rest**A. You Find Rest By Prayer - Call upon the Lord (Psalm 4:1; Philp 4:6,7)**

1. The power of a Christian's life is in his time with God!
2. Prayer is God's answer to our needs – we simply have not because we ask not!!!
3. David prays!
 - a) Here is a man who knows how to fight, and wrestle and kill
 - b) But he spends time in believing prayer
4. Prays not just to the righteous God, but to the God of his imputed righteousness
 - a) Temporary in the Old Testament by each lamb
 - b) Permanent in the New Testament by Jesus
5. When you pray... Remember:
 - a) God's care - He has always taken good care of us – enlarged us
 - b) God's mercy
 - c) God's answers
6. I hope you have a confidence in prayer:
 - a) First for salvation (Rom 10:13). Don't waste time if you haven't been saved yet! Got the cart before the horse!
 - b) Then for absolutely everything - develop a closeness, where your first instinct is to pray, and lean upon the Lord instead of get mad, and give-up!!!
 - c) God ALWAYS answers prayer - sometimes, yes, and sometimes, no! Always in HIS time!
 - d) Believe that He knows what is best. Leave it as He sees it!!!

B. You Find Rest By Persuasion (Psalm 4:2-6)

1. Ponder some things about the world and its course. Ask questions. Think things through!
2. Question the Ungodly
 - a) Why do you turn glory and beauty into shame... Why, and how long before you grow up?
 - 1) They promote shameful practices (Eph 5:12; Phil 3:18,19)
 - 2) Embarrassed of the Bible, but proud of a drug needle?
 - 3) Embarrassed of waiting for your first kiss at your wedding?
 - 4) Embarrassed of not understanding what people mean when they use filthy code language
 - 5) It is a glory to be simple about evil (Rom 16:19)
 - b) Why do you Love vanity – vain things like virtual reality, porn, romance novels, money – unreal things, fairy tales, Disney-land type of thinking
 - c) Why do you Seek after lies (leasing) – pretty rainbows, things that look real – like you own them - as in evolution, fables (2 Tim 4:2-4)
 - d) Selah – pause and answer those three questions!
3. Teach the Ungodly
 - a) God has set apart the godly for Himself – protected, called, sanctified us
 - b) God will hear my prayer – unlike your gods which are not gods at all
 - c) To stand in awe of the God of heaven

- 1) Stop sinning
 - 2) Ponder God and His ways instead of always drowning out all of your fears and worries and conscience with MTV and loud music and long nights at the pub
 - (a) His consistency - faithfulness - no shade of movement
 - (b) His trustworthiness - God is not uncertain
 - (c) His ability - to act, even when we lack the faith, or when others don't want to believe
 - d) To praise God – offering sacrifices – ie, get with the program of Biblical worship in the Old Testament
 - e) To trust in Jehovah God
4. Encourage the Ungodly
- a) People are looking to see if there really IS any God out there
 - b) Show them there is, and that he is very much alive, and answers our needs
- C. You Find Rest By Praise** - don't let anything more trouble you (4:7,8)!
1. God puts gladness in my heart – planted, a fruit of the Spirit – JOY
 - a) It is God's joy in you (Neh 8:10)
 - b) You can't fake it, or work it up - you have to nurture it, and allow it to grow
 - c) It is something that is better than materialistic success – like at harvest time
 - d) It is better than the stock market – increasing values
 2. So, use your joy to praise God – it is healthier than worry!
 - a) Worry is pressure – stress – distress
 - b) It ages you and me (Psalm 6:2; 31:10; 32:3)
 - c) It overwhelms your ability to digest, to think, to pray, to rest
 - d) Gives you tension headaches, irritability, aggression, inability to concentrate and memory loss
 - e) It is deadly if it goes on more than 12 hours
 - f) Jesus commands us to NOT worry beyond today (Mt 6:44)
 - g) That's why fights in the home HAVE to be settled in less than 12 hours (Pr 12:4; Eph 4:26)
 3. In spite of distress, and troubles, and worries, I WILL do two things:
 - a) Lay down in peace (Psalm 34:7)
 - b) Sleep - Choose to sleep instead of worry (Psalm 127:2)

III. Challenge

A. Be Quick to Pray About Everything

B. Speak Up - Use Persuasion

1. Question the Ungodly
 - a) Why do you turn glory and beauty into shame... Why, and how long before you grow up?
 - b) Why do you Love vanity – vain things like virtual reality, porn, romance novels, money – unreal things, fairy tales, Disney-land type of thinking
 - c) Why do you Seek after lies (leasing) – pretty rainbows, things that look real – like you own them - as in evolution, fables (2 Tim 4:2-4)
 - d) Selah – pause and answer those three questions!
2. Teach the Ungodly
 - a) God has set apart the godly for Himself – protected, called, sanctified us
 - b) God will hear my prayer – unlike your gods which are not gods at all
 - c) To stand in awe of the God of heaven
 - d) To praise God – offering sacrifices – ie, get with the program of Biblical worship in the Old Testament
 - e) To trust in Jehovah God
3. Encourage the Ungodly - Show them there is a God in heaven, and that he is very much alive

C. Praise God

1. Lay down in peace (Psalm 34:7)
2. Sleep - Choose to sleep instead of worry (Psalm 127:2)