

## ***“Resting in God when Life is Hard”***

### ***Psalm 4***

**Ps. Farid Widjaya**

#### **Overview:**

We can find rest in God when life is hard by:

- 1) Calling on God in our distress (v1)
- 2) Turning from sin & trusting in the Lord (v2-5)
- 3) Finding joy & peace in God alone (v6-7)

#### **Psalm 4 (ESV)**

Answer me when I call, O God of my righteousness!

You have given me relief when I was in distress.

Be gracious to me and hear my prayer!

O men how long shall my honor be turned into shame?

How long will you love vain words and seek after lies? *Selah*

But know that the LORD has set apart the godly for himself;

the LORD hears when I call to him.

Be angry, and do not sin;

ponder in your own hearts on your beds, and be silent. *Selah*

Offer right sacrifices,

and put your trust in the LORD.

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

Lift up the light of your face upon us, O LORD!”

You have put more joy in my heart

than they have when their grain and wine abound.

In peace I will both lie down and sleep;

for you alone, O LORD, make me dwell in safety.