



SECRETS OF THE HEART "The Joyful Heart" Psalm 4

No. 2390

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Life was not easy for the Psalmist. He spoke openly about its disappointments. But he knew what to do with them, and while the causes of the anguish did not go away he was able to experience such joy and peace that he even began to sleep well at night! How did he do it?

I. Approaching God in Prayer. v. 1

- A. Addressing the right Person—"the Lord." (cf. "false gods." v. 2)
- B. Approaching on the right basis.
 - 1. "God of my righteousness."
 - a. Self-righteousness won't do it.
 - 2. "The Lord has set apart the godly for himself." v. 3
 - a. "The godly." (*"Hasid"* is related to *"Hesed."*)
 - b. Those who experience the loving faithfulness of God.
 - c. Those who express a faithful love for God.
 - d. Those who revel in being "set apart" for God.
 - e. Those who are happy to belong to Him—"for himself."
- C. Asking the right things.
 - 1. "Answer me when I call."
 - 2. "Give me relief (lit. "room")."
 - 3. "Be merciful."
 - 4. "Hear my prayer." cf. "The Lord will hear."

II. Addressing the Culture in Which We Live. vv. 2-6a

- A. Asking the right questions.
 - 1. How long will you be self-sufficient? ("Men" = "great men." v. 2)
 - 2. How long will you despise spiritual realities? ("Glory—shame.")
 - 3. How long will you "love delusions?"
 - 4. How long will you prefer "false gods?" (or "falsehoods").
- B. Advising the right responses.
 - 1. You need to know what God is doing. v. 3
 - 2. You need to search your own hearts. v. 4
 - 3. You need to "trust in the Lord." v. 5
 - 4. You need to worship appropriately.
 - 5. You need to know the source of all "good." v. 6a

III. Accepting the Blessings of the Lord's Presence. vv. 6b-8

- A. The source of joy is "the light of your face." (Better than a party.)
- B. The source of peace is "You alone...make me dwell in safety." v. 8
- C. The reality of these things is experienced through "trust in the Lord."

Points to Ponder: Is my heart at peace? Do I know fullness of joy?