

Bible Text New International Version	What does the psalm reveal about God and how we are to approach, address, and respond to God?
<p>Psalm 4^[a] <i>For the director of music. With stringed instruments. A psalm of David.</i></p> <p>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.</p> <p>² How long will you people turn my glory into shame? How long will you love delusions and seek false gods^[b]?^[c]</p> <p>³ Know that the LORD has set apart his faithful servant for himself; the LORD hears when I call to him.</p> <p>⁴ Tremble and^[d] do not sin; when you are on your beds, search your hearts and be silent.</p> <p>⁵ Offer the sacrifices of the righteous and trust in the LORD.</p> <p>⁶ Many, LORD, are asking, “Who will bring us prosperity?” Let the light of your face shine on us.</p> <p>⁷ Fill my heart with joy when their grain and new wine abound.</p> <p>⁸ In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety.</p> <p>a. In Hebrew texts 4:1-8 is numbered 4:2-9. b. Or <i>seek lies</i> c. The Hebrew has <i>Selah</i> (a word of uncertain meaning) here and at the end of verse 4 d. Or <i>In your anger</i> (see Septuagint).</p>	

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<p>Psalm 121</p> <p><i>A song of ascents.</i></p> <p>¹ I lift up my eyes to the mountains— where does my help come from?</p> <p>² My help comes from the LORD, the Maker of heaven and earth.</p> <p>³ He will not let your foot slip— he who watches over you will not slumber;</p> <p>⁴ indeed, he who watches over Israel will neither slumber nor sleep.</p> <p>⁵ The LORD watches over you— the LORD is your shade at your right hand;</p> <p>⁶ the sun will not harm you by day, nor the moon by night.</p> <p>⁷ The LORD will keep you from all harm— he will watch over your life;</p> <p>⁸ the LORD will watch over your coming and going both now and forevermore.</p>	

Reflections

We all wrestle at times with feelings of being overwhelmed as we try to go to sleep at night. What can you do to find God's peace that supplies contented sleep and a feeling of security?

To be part of the people of God means that the God who created the universe never ceases to watch over and actively protect you. It means He is never distracted and never turns away. What convinces (or would convince) you of this fact? How do you experience God's protection?

