

**Psalm 4**  
**“Grace and Peace in Your Distress”**

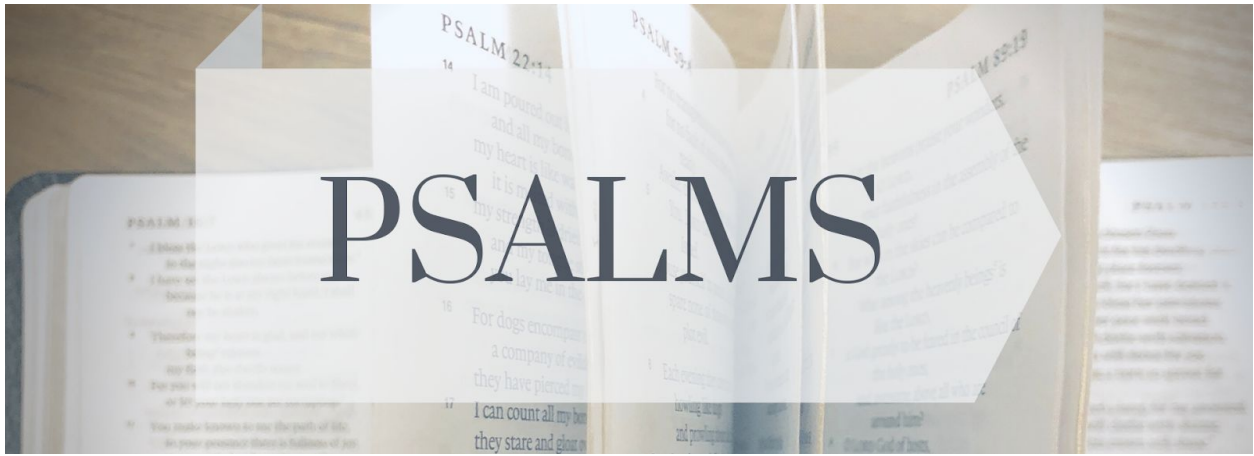
**LESSON:** God’s Grace Offers Five Invitations for Your Comfort in Distress

Grace Invites you:

- I. \_\_\_\_\_ (v. 1)
- II. \_\_\_\_\_ (vv. 2-3)
- III. \_\_\_\_\_ (vv. 4-5)
- IV. \_\_\_\_\_ (v. 6-7)
- V. \_\_\_\_\_ (v. 8)

**Reflections:**

1. Persistent prayers in adversity are prayers of dependency (Luke 18:1-8; Matthew 7:7; The will of God is always primary: Jesus in Luke 22:42b)
2. Pondering God’s faithfulness in adversity is one of God’s sharpening tools (Psalm 119:68)
3. Practicing the application of God’s word in affliction is good (Psalm 119:71)
4. Praising God in the day of trouble is one sign that we are apprehending how God uses them (Romans 5:2-4)
5. Posturing your soul to rest in God is one fruit of your confidence in Him (Psalm 62:5-7)



### **Putting it to Practice:**

1. Do not waste your trials by complaining. Learn from them, and learn through them for your growth in Christ (James 1:2-4; Romans 5:1-11)
2. Be willing to discuss your struggles with another mature believer so that they can help you shape your view of every distress biblically (Proverbs 27:17)
3. Live with a correct view of life in Christ. God's people are set apart by God and for God. There is not one moment that God is not present and actively working
4. Practice seeing every event in life correctly. Abraham Kuyper: "There is not a square inch in the whole domain of our human existence over which Christ, who is Sovereign over all, does not cry, Mine!"
5. Praise God in and through every circumstance (Ephesians 5:20; 1 Thessalonians 5:16-18). Give no credit to your adversary, satan. If God causes all things to work for your good (Romans 8:28-39), let the truth about God affect how you evaluate everything in life

"A[n] just [accurate] view of afflicting incidents is altogether necessary to a Christian deportment [conduct] under them. That view is to be obtained only by faith, not by sense; for it is the light of the word alone that represents them justly [correctly], discerning in them the work of God." (Thomas Boston)