

**LORD, PLEASE HEAR MY VOICE**  
**Sermon Series: "Living The Psalms Together"**  
**(A year-long study through the Psalms)**  
**Psalm 4**  
**February 19<sup>th</sup>, 2023**  
**Pastor Frank Mack**  
**Family Life Christian Church**

**1. LOOK TO THE LORD (vs. 1)**

*"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!" Psalm 4:1 (ESV)*

*<sup>6</sup>"In my distress I called upon the LORD; to my God I cried for help. From his temple he heard my voice, and my cry to him reached his ears." Psalm 18:6 (ESV)*

*"Offer to God a sacrifice of thanksgiving, and perform your vows to the Most High, and call upon me in the day of trouble; I will deliver you, and you shall glorify me." Psalm 50:14-15 (ESV)*

*<sup>18</sup>"The LORD is near to all who call on him, to all who call on him in truth." Psalm 145:18 (ESV)*

*"Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, <sup>2</sup>looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God." Hebrews 12:1-2 (ESV)*

*"He brought me out into a broad place; he rescued me, because he delighted in me." Psalm 18:19 (ESV)*

*"Out of my distress I called on the LORD; the LORD answered me and set me free." Psalm 118 5 (ESV)*

*"I will run in the way of your commandments when you enlarge my heart!" Psalm 119:32 (ESV)*

**2. FACE YOUR ACCUSERS (vss. 2-3)**

*"O men, how long shall my honor be turned into shame? How long will you love vain words and seek after lies? Selah <sup>3</sup>But know that the LORD has set apart the godly for himself; the LORD hears when I call to him." Psalm 4:2-3 (ESV)*

*<sup>10</sup>"Finally, be strong in the Lord and in the strength of his might. <sup>11</sup>Put on the whole armor of God, that you may be able to stand against the schemes of the devil. <sup>12</sup>For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over*

*this present darkness, against the spiritual forces of evil in the heavenly places. <sup>13</sup> Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. <sup>14</sup> Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, <sup>15</sup> and, as shoes for your feet, having put on the readiness given by the gospel of peace. <sup>16</sup> In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; <sup>17</sup> and take the helmet of salvation, and the sword of the Spirit, which is the word of God, <sup>18</sup> praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints.”*  
**Ephesian 6:10-18 (ESV)**

### **3. ENCOURAGE YOUR FRIENDS TO DO WHAT IS RIGHT (vss. 4-5)**

*“Be angry, and do not sin; ponder in your own hearts on your beds, and be silent. Selah  
<sup>5</sup> Offer right sacrifices, and put your trust in the LORD.”* **Psalm 4:4-5 (ESV)**

*“You have heard that it was said to those of old, ‘You shall not murder; and whoever murders will be liable to judgment.’ <sup>22</sup> But I say to you that everyone who is angry with his brother will be liable to judgment; whoever insults his brother will be liable to the council; and whoever says, ‘You fool!’ will be liable to the hell of fire. <sup>23</sup> So if you are offering your gift at the altar and there remember that your brother has something against you, <sup>24</sup> leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift. <sup>25</sup> Come to terms quickly with your accuser while you are going with him to court, lest your accuser hand you over to the judge, and the judge to the guard, and you be put in prison. <sup>26</sup> Truly, I say to you, you will never get out until you have paid the last penny.”* **Matthew 5:21-26 (ESV)**

*“Be angry and do not sin; do not let the sun go down on your anger.”* **Ephesians 4:26 (ESV)**

*“Judge not, that you be not judged. <sup>2</sup> For with the judgment you pronounce you will be judged, and with the measure you use it will be measured to you. <sup>3</sup> Why do you see the speck that is in your brother’s eye, but do not notice the log that is in your own eye? <sup>4</sup> Or how can you say to your brother, ‘Let me take the speck out of your eye,’ when there is the log in your own eye? <sup>5</sup> You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother’s eye.”* **Matthew 7:1-5 (ESV)**

*“If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”* **1 John 1:9 (ESV)**

*“But I with the voice of thanksgiving will sacrifice to you; what I have vowed I will pay. Salvation belongs to the LORD!”* **Jonah 2:9 (ESV)**

### **4. PRAISE THE LORD (vss. 6-8)**

*There are many who say, “Who will show us some good? Lift up the light of your face upon us, O LORD!” <sup>7</sup> You have put more joy in my heart than they have when their grain and wine abound.*

<sup>8</sup>*In peace I will both lie down and sleep; for you alone, O LORD, make me dwell in safety.*” **Psalm 4:6-8 (ESV)**

*“The LORD bless you and keep you; <sup>25</sup> the LORD make his face to shine upon you and be gracious to you; <sup>26</sup> the LORD lift up his countenance upon you and give you peace.”* **Numbers 6:24-26 (ESV)**