

Finding Inner Peace During Distracting Situations

Fuel Your Faith 18

January 19, 2022

This week we are looking at helping others through the storm. This really is true love in action. Seeing to the needs of others. Speaking that needed encouragement. Providing that needed presence. It's all what we do when we come alongside and help each other on the journey of life.

Today, on Fuel Your Faith, we'll take a look at [Psalm 4](#), which provides us with great instruction on what to do when as we walk alongside those who are struggling. It is a Psalm of individual lament, but it is also one of confidence. And we see this throughout as it moves from distress to quiet confidence in God. It is a psalm that addresses the fundamental human experience ... the experience of injustice, suffering, and oppression. Certainly, we all experience these types of storms over the course of our life.

Now some think David wrote this psalm during the time of Absalom's revolt. David gives us a few clues. He was humiliated, surrounded by lies, exasperated, and filled with gloom. It appears his problems are keeping him up as he mentions reflecting on his bed. While he certainly has his challenges, David shows us how to respond to the difficulty in faithfully committing to a faithful God.

What are some things we can say when we help others through the storm?

First, I believe **we can remind them that God answers prayer**, especially during times of distress. In [Psalm 4.1](#) David says, "Answer me when I call, God of my righteousness! You have relieved me in my distress; Be gracious to me and hear my prayer." Some of our modern translations may miss the urgency of David's plea. He is pleading, "please God, listen to me." David knew his only help was in God. His enemies are dishonoring him by ruining his reputation. They are telling outright lies. The situation needs to be dealt with. And so, as he pleads, he recounts times in the past where God helped him through. Before, God made room for David in His plans and because of that he is saying, now I have *this* problem ... can you include it in your plans?

Note here how he appeals to God's righteousness or character. God is *the* upholder of justice. God is faithful to his covenants. God will protect his own. And because this is true, David expects God to help him through. And as you read the psalm, see what happens to him as he prays. See how he changes. He moves from outright anxiety and distress because of his accusers, to quiet trust in God. Sometimes we need to be reminded of this ... and certainly we can help others remember this. Prayer helps. It does us good.

We must help people remember the advantage of going to God with their troubles. We need to tell God exactly where we hurt and how we feel. He will hear our plea.

Second, I believe this psalm challenges us help others in **how they look at those who cause them trouble**. Verse 2 frames it for us. His enemies were destroying his reputation. They pursued lies and slander ... which deeply hurt him. Now, notice [Psalm 4.3](#) and how he addresses his enemies: He reminds them, God has set apart the faithful for himself. The Lord will hear when they call. God doesn't abandon His people. What begins in His people, he will finish, [Philippians 1.6](#). His enemies needed to know that ultimately, their attacks on him would not be successful. Now, how does this help David? Well, as soon as he reminded his enemies that God protects His people, it would have surely helped him apply that principle to himself. He was one of God's people. God had set him apart and would not abandon him. This is why he says, "the lord will hear when I call to him."

David continues to express concern for his enemies. In v. 4-5 he urges them to consider what they are doing ... turn from it ... worship the Lord ... and trust in him. Remember, it is hard to hate those that we are praying for.

Finally, we can help others **focus on the peace that God provides**. Sometimes the distress we face causes us to ask, "is there anything good?" This is what the people were asking the king. To this David answers, "let the light of your face shine on us Lord." Others may question what God can do, but we must hold our confidence in the face of doubt. Some have thought the second part of [Psalm 4.6](#) is a reference to [Numbers 6.24-26](#): "May the LORD bless you and protect you; may the LORD make his face shine on you and be gracious to you; may the LORD look with favor on you and give you peace." David knew that the one who had shown him good in the past would be counted on to show him good again ... even God himself.

Note [Psalm 4.7](#): God filled David with joy.... greater than the joy of those reaping an abundant harvest. Joy always floods our heart when we are conscious of His favor.

Now, [Psalm 4.8](#): God gave him peace ... even amidst the turmoil: "I will both lie down and sleep in peace, for you alone, LORD, make me live in safety." If we leave our problems with God, He will handle them. And he will enable us to sleep in peace. It was Solomon who said, "But whoever listens to me will live securely and be undisturbed by the dread of danger," [Proverbs 1.33](#).

You know ... these three exercises ...

1. Remembering that God answers prayer...
2. Placing the proper perspective on our enemies...
3. Focusing on the peace that God provides ...

... will help us and those we help through the storm remember that we are better off than our adversaries ... who can appear to have the upper hand. We can live in the consciousness of peace ... and dwell in safety. We are guarded all the time by our God, who keeps us safe.

Aren't these great things we can share with those who are hurting? We serve an amazing God who cares.

Thank you for listening to Fuel Your Faith. Join us again tomorrow as we continue to talk about loving others through the storm.