

MESSAGE NOTES

Psalm 4

Approaches to our Hurts:

1. Avoid it
2. Avenge it
3. Wallow in it
4. Address it (verse 4-5)
 - "Tremble" Acknowledge it
 - "Don't Sin" Limit it
 - "Trust the Lord" Give it
Verse 1, 8

When hurt, trust God by remembering importance of:

1. The importance of the Voices we Listen to (verse 2, 6)
2. The importance of the Songs we Sing
3. The importance of the Grace we Need (verse 1)

LIFE GROUP STUDY GUIDE

Reference:

Open in prayer and read Psalm 4.

Review:

What was one thing from this weekend's message that challenged, confused, or stood out to you?

Reflect:

1. What things do you find in this psalm that allows David to go from distress (vs. 1) to peace (vs. 8)?

