

Faith Talk

Trinity Canadian Reformed Church

Worshipping Sundays 9 am and 3 pm, 2553 Binbrook Rd E

Psalm 4: A Peaceful Rest

By Deanna Smid

Right now the world is a frightening place of terrorism, war, and SARS. Where, in this situation, is there any comfort? David, the author of Psalm 4, knows who to turn to. Most likely, when he wrote this psalm he was running from his son who had deposed him as King of Israel. King David was a fugitive in his own land. If anyone had worries, it was him.

He begins the Psalm with a plea. "Answer me when I call to you, Oh my righteous God. Give me relief from my distress; be merciful and hear my prayer." David does not doubt that his prayer will be answered, for he says in verse 3, "Know that the LORD has set apart the godly for himself; the LORD will hear when I call to him."

David's prayer should be said in quiet communion with God. "In your anger do not sin; when you are on your beds, search your hearts and be silent." 'Anger' is literally "trembling in anger and fear." Our exasperation or anxiety should not overpower our quiet prayers.

This is the way to banish fear: "Offer right sacrifices and trust in God" (verse 5). God has given us many beautiful promises in the Bible. We have to trust that the Lord will keep them. At the same time we must thank God for them by "offering right sacrifices," following the instruction of the Bible. Then we will have peace.

At the end of the day we can make the same confession that David does at the conclusion of Psalm 4. "I will lie down and sleep in peace, for you alone, O LORD, make me dwell in safety."

Deanna Smid is a member of Trinity Canadian Reformed Church

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