

PRAYING PSALM 4

“Hear me... Have mercy on me... Hear my prayer... I will both lie down in peace, and sleep; for You alone, O Lord, make me dwell in safety” (Psalm 4:1, 8).

David based this prayer on his innocence. We can do the same. Sometimes the enemy wants to convince us that our “distress” is a result of wrong doing, when we have done nothing to deserve it. We can become our own worst enemy if we buy into their lies. Nothing is more harmful than when we take sides with the enemy against ourselves. First, David prays for mercy (another chance). Mercy is God’s crowning attribute. When we confess our sins; God forgives, forgets, and restores our fellowship with Him. Repentance has its sorrows. To nurse them contradicts the grace of God. Your enemies know nothing about mercy. When you don’t accept God’s mercy, you treat yourself like an enemy. David was not denying he was a sinner but that he had done nothing to deserve his present distress. You can be sure he checked it out (see Psalm 19:14). We all have unconscious sins. The cross is sufficient payment for conscious and unconscious sins. Thank God for His mercy, and keep asking for more. Guilt destroys peace, but it need not if we trust in Christ’s sacrifice. You don’t need to lose sleep over guilt once it has been removed. Don’t keep going over it. Like David, remind yourself the Lord will “make” you dwell in safety. Then thank Him, and go to sleep.