

LIVE THE STORY

*The Gospel is intended to be learned and lived in community.
The following questions are designed for use in our Community
Groups as an aid to growth in the Gospel and Community.*

- In this passage: What do we learn about God? What has he done? What does that mean about us?
- Why is it so important to REMEMBER who God is, what he's done, and who we are (in light of those truths)? What happens when we "forget" or believe lies about who God is, what he's done, and who we are?
- What does this passage teach us about lament?
- Can you share your complaints and sorrow with God? What makes that difficult? What do you do instead of lamenting to God? What do we miss when we do these things?
- What are the four sections of many lament Psalms? Can you find another lament Psalm that follows the same pattern as Psalm 4?
- How have you experienced suffering and pain in your story? If you're willing, take a moment to share this. Have you brought that pain to God in prayers of lament? If not, what do you think has kept you from doing that?

Rest in a World of Restlessness

Ryan Carver – June 28, 2020

Text: Psalms 4:1-8

"Laments turn toward God when sorrows tempt us to run from him."

1. REMEMBER Who God is, What He's Done, Who You Are (1-5)

A. Turn to God (1)

(1) David runs to God and not from Him.

Ever feel like there is no way out?

- That is what David is feeling. And he pleads with God based on **who God is** and **what God has done**.

B. Bring Your Complaint to God (2-5)

(2) There is opposition toward the King of Israel (David) and opposition toward the King of all creation (Yahweh).

This is the world we find ourselves in.

- A world of rebellion. A world in opposition to the King.

Where does your heart run when the unthinkable comes your way?
(to or from God?)

(3) David is speaking to himself while also addressing those who oppose him in verse 2.

Not only must we remember **who God is** and **what God has done**...but we must know **who we are** (in light of those truths).

(4) We are to remember and rest...we are not the Rescuer.

(5) There is an expression of submission toward God here.

In verses 1-5 we see the writer turning to God (1) and then bringing his complaint to God (2-5).

In verses 6-8 we see the writer asking boldly for help (6) and proclaiming his trust in God (7-8).

Between verses 1-5 and 6-8 we do see a shift from bringing to God his complaint to asking for help and trusting him.

(6) A refrain of the world caught in restlessness.

B. Proclaim Your Trust in God (7-8)

(7) Our culture celebrates when they see an increase. Yet David is celebrating the Lord's presence amidst the hardest of times.

Do we speak of the good times of increase as if they are the goal of life?

(8) David declares his joy in God, his trust in God amidst trial, his expectation of future safety.

Let's remember who God is, what He's done, and who we are because of the rescuing work of Jesus.

And as we **REMEMBER**, let's also **REST** in the grace of God who calls us His own.

2. REST in the presence of God (6-8)

A. Ask Boldly for Help (6)

"To cry is human, but to lament is uniquely Christian."