



Be gracious to me and hear my prayer!"  
(PSALM 4:1C)

## STRUCTURE

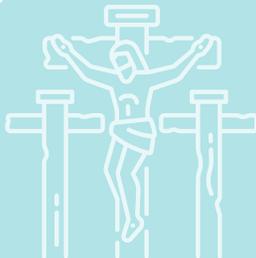
- v. 1** An opening plea for God to hear, answer and give relief.
- v. 2-3** Anger and frustration at the wicked. Faith nevertheless believes the Lord will not abandon His own. Man loves vanity and lies; God loves the godly and prayer.
- v. 4-5** Encouragement to set aside anger and sin through prayer and faith.
- v. 6-7** We will wait for the Lord's rescue and goodness, especially when no other good outcome can be seen.
- v. 8** The Lord's faithfulness gives confidence and peace to His faithful ones.

## AT A GLANCE

- "GRACIOUS"** A cry for God to be merciful amid suffering.
- "VAIN WORDS"** Literally, that which is worthless or empty and cannot satisfy.
- RIGHT SACRIFICES"** The sacrifices of the righteous. By means of the evening sacrifice, the Lord atones for his people and promises to bless.
- THIS SOUNDS FAMILIAR** St. Paul quotes V. 4 in Ephesians 4:25-32.

## CHRIST IS HERE

Christ gives us peace (v. 8) which the world cannot give by the wounds of His sacrifice. All who die in Him merely sleep (LUKE 8:52), for He will raise them up at the last day.



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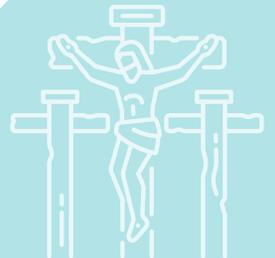
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**“The anger of man does not produce the righteousness of God”** (JAMES 1:20), but “seek first the Kingdom of God and His righteousness” and everything else will fall into place (MATT. 6:33). The wicked cause anxiety for the psalmist, perhaps keeping him awake at night. Whether God will provide ought never to be a cause for insomnia. Faith trusts that, while we live in this vale of tears and shame, the Lord hears our prayer. He has set us apart and sanctified us by His Spirit and the sacrifice of Christ, by which we are declared righteous. Therefore, the Christian can sleep at night, even if troubles and enemies surround us. From Him come more than just the pleasures of this life (v.7); He makes us glad in His salvation, blessing us with eternal safety and peace of conscience.



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## USE IN THE CHURCH

**Antiphon:** v. 1c

**In the Daily Office:** Daily at Compline and Sundays at Matins; Matins on Holy Saturday; for Martyrs and Confessors (individual and multiple)

**At the Divine Service:**

**One-Year:**

Psalm for Lent 3 (ant: v. 8)

**Three-Year:**

Psalm for Lent 2C and Proper 4A (ant: v. 8) and Easter 3B (ant: v. 7)



## SPIRITUAL CARE

- When frustrated by those who mock Christ.
- During times of trouble and for strength.
- For patience in temptation and a salutary end to anger.
- In praise of God's peace.
- For true faith.



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## PSALM PRAYER

O Lord, hear our prayers and have mercy on us in our troubles. As You shine the light of Your face on us, put joy in our hearts to await Your eternal kingdom with hope; through Jesus Christ, our Lord. **Amen.**

PSALM

4

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