A person is silhouetted against a mountain range at sunrise or sunset. The sky is a gradient of blue and yellow, and the mountains are layered in the distance. The text 'Psalm Sunday' is overlaid in large white letters.

# Psalm Sunday

Psalm 4

Trust in God

# Prayer for Future Words

1 To the chief Musician on Neginoth, A Psalm of David. Hear me when I call, O God of my righteousness: thou hast enlarged me when I was in distress; have mercy upon me, and hear my prayer.

# Prayer for Future Words

“Hear me when I call, O God of my righteousness”

# Prayer for Future Words

“Hear me when I call, O God of my righteousness”

**John 15:7** If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you.

# Prayer for Future Words

“thou hast enlarged me when I was in distress; have mercy upon me, and hear my prayer.”

# Prayer for Future Words

“thou hast enlarged me when I was in distress; have mercy upon me, and hear my prayer.”

**Psalm 105:5** Remember his marvellous works that he hath done; his wonders, and the judgments of his mouth;

# Prayer for Future Words

“thou hast enlarged me when I was in distress; have mercy upon me, and hear my prayer.”

**2 Samuel 22:7** In my distress I called upon the LORD, and cried to my God: and he did hear my voice out of his temple, and my cry [did enter] into his ears.



“This is another instance of David’s common habit of pleading past mercies as a ground for present favor.”

Charles Spurgeon





**Remembering the past  
deliverances causes faith  
for future ones**

# The Cure for Vanity

**2** O ye sons of men, how long will ye turn my glory into shame? how long will ye love vanity, and seek after leasing? Selah. **3** But know that the LORD hath set apart him that is godly for himself: the LORD will hear when I call unto him. **4** Stand in awe, and sin not: commune with your own heart upon your bed, and be still. Selah. **5** Offer the sacrifices of righteousness, and put your trust in the LORD.

# The Cure for Vanity

“O ye sons of men, how long will ye turn my glory into shame?”

# The Cure for Vanity

“O ye sons of men, how long will ye turn my glory into shame?”

**1 Timothy 1:19-20** Holding faith, and a good conscience; which some having put away concerning faith have made shipwreck: 20 Of whom is Hymenaeus and Alexander; whom I have delivered unto Satan, that they may learn not to blaspheme.

# The Cure for Vanity

“how long will ye love vanity, and seek after leasing? Selah. ”

# The Cure for Vanity

“how long will ye love vanity, and seek after leasing? Selah. ”

**Ecclesiastes 12:13** Let us hear the conclusion of the whole matter: Fear God, and keep his commandments: for this [is] the whole [duty] of man.



**If all you do is vain you  
bring shame to our King**





# The Cure for Vanity

“But know that the LORD hath set apart him that is godly for himself: the LORD will hear when I call unto him. ”

# The Cure for Vanity

“But know that the LORD hath set apart him that is godly for himself: the LORD will hear when I call unto him. ”

**1 Thessalonians 4:7** For God hath not called us unto uncleanness, but unto holiness.

# The Cure for Vanity

“But know that the LORD hath set apart him that is godly for himself: the LORD will hear when I call unto him. ”

**2 Corinthians 7:1** Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.

# The Cure for Vanity

“Stand in awe, and sin not: commune with your own heart upon your bed, and be still. Selah.”

# The Cure for Vanity

“Stand in awe, and sin not: commune with your own heart upon your bed, and be still. Selah.”

**Psalm 33:8** Let all the earth fear the **LORD**: let all the inhabitants of the world stand in awe of him.

# The Cure for Vanity

“Stand in awe, and sin not: commune with your own heart upon your bed, and be still. Selah.”

**Psalm 119:161 SCHIN.** Princes have persecuted me without a cause: but my heart standeth in awe of thy word.

# The Cure for Vanity

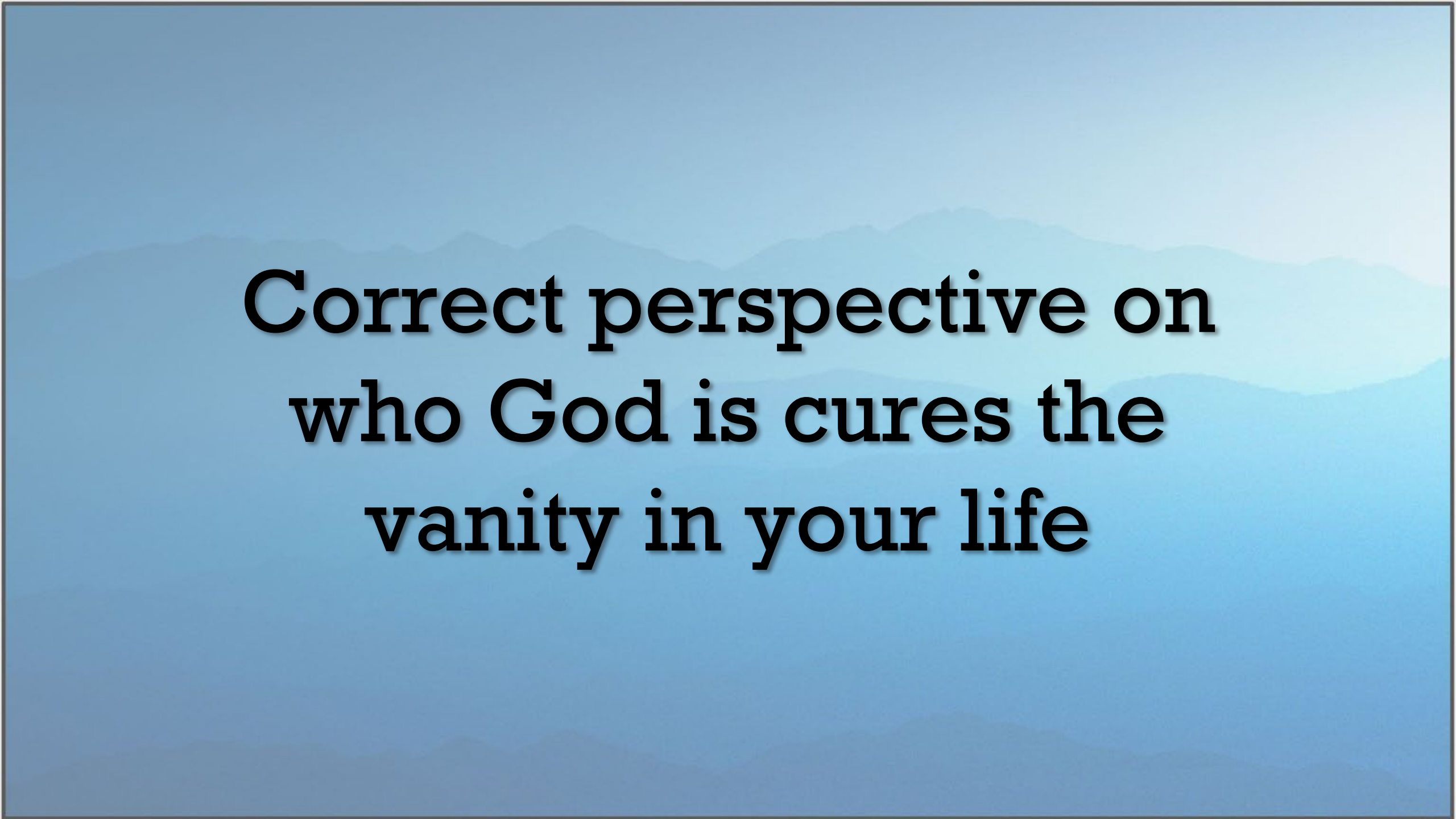
“Offer the sacrifices of righteousness, and put your trust in the  
LORD.”

# The Cure for Vanity

“Offer the sacrifices of righteousness, and put your trust in the  
LORD.”

**Romans 12:1-2** I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. **2** And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.





**Correct perspective on  
who God is cures the  
vanity in your life**

# Trust brings Peace

6 There be many that say, Who will shew us any good? LORD, lift thou up the light of thy countenance upon us. 7 Thou hast put gladness in my heart, more than in the time that their corn and their wine increased. 8 I will both lay me down in peace, and sleep: for thou, LORD, only makest me dwell in safety.

# Trust Brings Peace

“There be many that say, Who will shew us any good? LORD, lift thou up the light of thy countenance upon us.”

# Trust Brings Peace

“There be many that say, Who will shew us any good? LORD, lift thou up the light of thy countenance upon us.”

**Genesis 4:5-7** Fallen

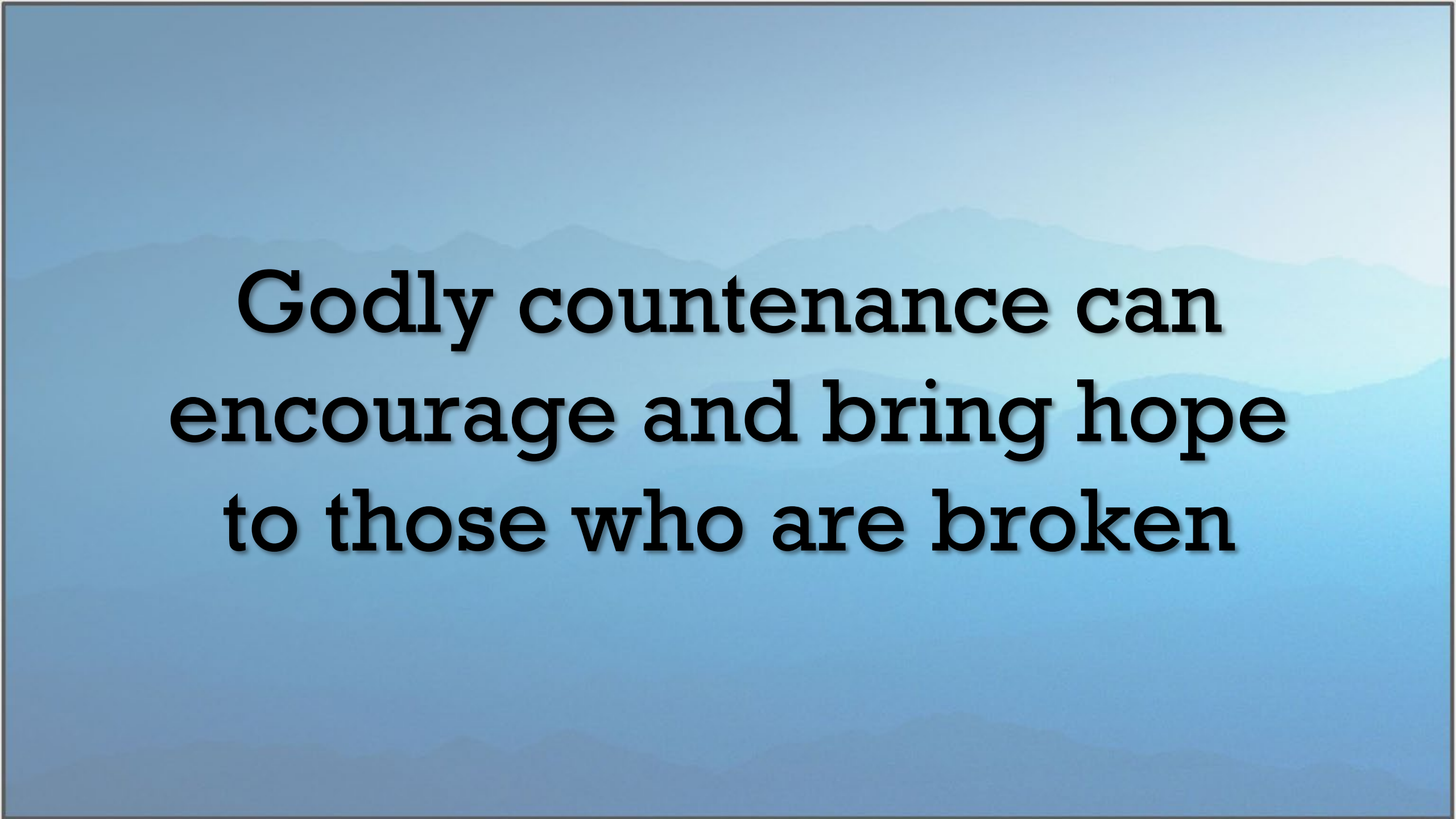
**Matthew 6:16** Sad

**Matthew 28:2-4** Lightning

**Revelation 2:16** The sun shine

**2 Corinthians 3:7** Glory

**Acts 2:28** Joy



**Godly countenance can  
encourage and bring hope  
to those who are broken**

# Trust Brings Peace

“Thou hast put gladness in my heart, more than in the time [that] their corn and their wine increased.”

# Trust Brings Peace

“Thou hast put gladness in my heart, more than in the time [that] their corn and their wine increased.”

**Proverbs 10:28** The hope of the righteous [shall be] gladness: but the expectation of the wicked shall perish.

# Trust Brings Peace

“Thou hast put gladness in my heart, more than in the time [that] their corn and their wine increased.”

**Psalm 23:5** Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.



# Trust Brings Peace

“I will both lay me down in peace, and sleep: for thou, LORD, only  
makest me dwell in safety.”

# Trust Brings Peace

“I will both lay me down in peace, and sleep: for thou, LORD, only  
makest me dwell in safety.”

**Psalm 119:165** Great peace have they which love thy law: and nothing shall  
offend them.

# Trust Brings Peace

“I will both lay me down in peace, and sleep: for thou, LORD, only  
makest me dwell in safety.”

**Proverbs 3:24** When thou liest down, thou shalt not be afraid: yea, thou shalt  
lie down, and thy sleep shall be sweet.

# Trust Brings Peace

“I will both lay me down in peace, and sleep: for thou, LORD, only  
makest me dwell in safety.”

**Psalm 12:5** For the oppression of the poor, for the sighing of the needy,  
now will I arise, saith the LORD; I will set [him] in safety [from him that]  
puffeth at him.



**True safety is in God alone**

# Reflection Questions


Do I reflect on where God has brought me  
from?

What do i seek and fill my life with?

Do I see God the correct way?

Does my countenance radiate?

Do I believe that God is my safety?

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