

# A Psalm for the Angry

Psalms for the Soul #2– Pastor Gary Combs – May 20, 2018 – Psalm 4

Psalm 4:1-8 (ESV) To the choirmaster: with stringed instruments. A Psalm of David. <sup>1</sup> Answer me when I call, O God of my righteousness! You have given me relief when I was in distress. Be gracious to me and hear my prayer! <sup>2</sup> O men, how long shall my honor be turned into shame? How long will you love vain words and seek after lies? *Selah* <sup>3</sup> But know that the Lord has set apart the godly for himself; the Lord hears when I call to him. <sup>4</sup> Be angry, and do not sin; ponder in your own hearts on your beds, and be silent. *Selah* <sup>5</sup> Offer right sacrifices, and put your trust in the Lord. <sup>6</sup> There are many who say, "Who will show us some good? Lift up the light of your face upon us, O Lord!" <sup>7</sup> You have put more joy in my heart than they have when their grain and wine abound. <sup>8</sup> In peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety.

## How to receive God's help for handling anger:

### 1. \_\_\_\_\_ from God's perspective.

1 Samuel 16:7 (NKJV) ... For the Lord does not see as man sees; for man looks at the outward appearance, but the Lord looks at the heart.

Luke 6:27-31 (ESV) <sup>27</sup> ... Love your enemies, do good to those who hate you, <sup>28</sup> bless those who curse you, pray for those who abuse you. <sup>29</sup> To one who strikes you on the cheek, offer the other also, and from one who takes away your cloak do not withhold your tunic either. <sup>30</sup> Give to everyone who begs from you, and from one who takes away your goods do not demand them back. <sup>31</sup> And as you wish that others would do to you, do so to them.

### 2. \_\_\_\_\_ in your heart with God's guidance.

Ephesians 4:26-32 (ESV) <sup>26</sup> Be angry and do not sin; do not let the sun go down on your anger, <sup>27</sup> and give no opportunity to the devil. ... <sup>29</sup> Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. <sup>30</sup> And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. <sup>31</sup> Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. <sup>32</sup> Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

### 3. \_\_\_\_\_ and obey God's will.

Romans 12:1-2 (NIV) <sup>1</sup> Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God— this is your true and proper worship. <sup>2</sup> Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is— his good, pleasing and perfect will.

Matthew 5:21-24 (ESV) <sup>21</sup> "You have heard that it was said to those of old, 'You shall not murder; and whoever murders will be liable to judgment.' <sup>22</sup> But I say to you that everyone who is angry with his brother will be liable to judgment; whoever insults his brother will be liable to the council; and whoever says, 'You fool!' will be liable to the hell of fire. <sup>23</sup> So if you are offering your gift at the altar and there remember that your brother has something against you, <sup>24</sup> leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift.

### 4. \_\_\_\_\_ to God's provision.

Psalm 37:7-8 (ESV) <sup>7</sup> Be still before the Lord and wait patiently for him; fret not yourself over the one who prospers in his way, over the man who carries out evil devices! <sup>8</sup> Refrain from anger, and forsake wrath! Fret not yourself; it tends only to evil.

Romans 12:17-21 (ESV) <sup>17</sup> Repay no one evil for evil, but give thought to do what is honorable in the sight of all. <sup>18</sup> If possible, so far as it depends on you, live peaceably with all. <sup>19</sup> Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, "Vengeance is mine, I will repay, says the Lord." <sup>20</sup> To the contrary, "if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for by so doing you will heap burning coals on his head." <sup>21</sup> Do not be overcome by evil, but overcome evil with good.