



# Summer in the Psalms

## Psalm 4

### The Frustrated Man – Living When You’re Outnumbered

#### “How long?”

How long is this going to go on? In other words how long am I going to have to put up with this situation? That’s a frustrated man! David asks that question often throughout the Psalms:

Psalms 6:3 - My soul is in \_\_\_\_\_.  
How long, O LORD, how long?

Psalms 13:1-2 - How long, O LORD? Will you forget me forever? How long will you hide your face from me?

Psalm 94:3 - How long will the wicked, O LORD, how long will the \_\_\_\_\_ be jubilant?

Matthew 17:17 - "O unbelieving and perverse generation," Jesus replied, "how long shall I stay with you? How long shall I put up with you? (\_\_\_\_\_)"

#### David turns to \_\_\_\_\_

1 - Answer me when I call to you, O my righteous God. Give me relief from my distress; be merciful to me and hear my prayer.

David believes in a \_\_\_\_\_ God.  
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#### David states his \_\_\_\_\_

2 - How long, O men, will you turn my glory into shame? How long will you love delusions and seek false gods?

#### David \_\_\_\_\_ his \_\_\_\_\_

3 - Know that the LORD has set apart the godly for himself; the LORD will hear when I call to him.

#### David seeks to live out his \_\_\_\_\_

4 - In your anger do not sin;  
Seek \_\_\_\_\_ rather than \_\_\_\_\_.

4 - when you are on your beds, search your hearts and be silent.

Check your \_\_\_\_\_.  
*When the heat is on and the confusion mounts, some believers go through a horrendous spiritual crisis. They \_\_\_\_\_*  
James Dobson, *When God Doesn't Make Sense*

#### 5 - Offer right sacrifices and trust in the LORD.

Keep \_\_\_\_\_  
1 Samuel 15:22 - "Does the LORD delight in burnt offerings and sacrifices as much as in obeying the voice of the LORD? To obey is better than sacrifice...  
Hebrews 13:15-16 - Through Jesus, therefore, let us continually offer to God a sacrifice of \_\_\_\_\_ — the fruit of lips that confess his name. 16 And do not forget to do good and to share with others, for with such sacrifices God is pleased.

#### David seeks to \_\_\_\_\_ others

6 - Many are asking, "Who can show us any good?" Let the light of your face shine upon us, O LORD.

#### David finds \_\_\_\_\_ in the Lord

7 - You have filled my heart with greater joy than when their grain and new wine abound.  
8 I will lie down and sleep in peace, for you alone, O LORD, make me dwell in safety.

\_\_\_\_\_ can keep us up all night long  
but \_\_\_\_\_ makes one fine pillow