

# Psalms 4:4

by Chuck Smith

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*To experience peace and sleep, one must follow the four steps of feeling reverent awe, exercising self-examination, making a right approach to God, and exercising faith.*

**Scripture:** Psalm 4:4, Psalm 139:23-24, Proverbs 3:5-6, Isaiah 26:3, Matthew 11:28-30, John 14:27, Romans 2:6, Philippians 4:6-7, Hebrews 4:13, 1 Peter 5:7

**Topics:** "Peace in God", "Trust and Faith"

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## Description

Chuck Smith emphasizes the importance of finding peace and rest through a relationship with God, highlighting the struggles many face with sleeplessness and anxiety. He outlines four essential steps to becoming God's beloved: feeling reverent awe of God, practicing thoughtful self-examination, making a right approach to God through confession, and exercising faith in His promises. By acknowledging God's greatness and goodness, individuals can confront their hearts and find true peace. Ultimately, trusting in God leads to gladness and the ability to rest peacefully, free from inner turmoil.

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## Transcript

"NOW I LAY ME DOWN TO SLEEP"

Intro: Doesn't that sound good? To some it might sound like a dream. More accurate "Now I

lay me down to toss & turn to spend a restless night in fear and terror". Millions

have to take a sleeping pill before they can sleep. Fringe benefit "He giveth His

beloved sleep" How do you become His beloved?

Four steps: Feel reverent awe; exercise self examination; make a right approach to God;

exercise faith.

I. FEEL REVERENT AWE "STAND IN AWE AND SIN NOT."

A. Remember there is a God who made you.

1. Contrary to opinion of others.

2. You may dislike the thought.

3. You will some day stand before Him.

B. He is everywhere at all times.

1. Nothing can be done in secret.

C. He is our judge.

1. Every act & disobedience shall receive just recompense of reward.

D. He is Almighty.

1. Put down strongest nation with a breath.

2. None can resist Him.

E. He is infinitely good.

1. He has made His goodness to pass before us.

2. The goodness of God leadeth thee to repentance.

F. There is a future state.

1. Death is not the end.

2. "Appointed unto men once to die BUT AFTER THIS . . ."

II. PRACTICE THOUGHTFUL SELF -EXAMINATION "COMMUNE WITH YOUR OWN HEART UPON YOUR BED, AND

BE STILL."

A. Think about yourself.

1. People running in evil run with their eyes shut. Do not want to consider, run blindly on.

2. Think of the state of your heart.

a. Are you right with God?

b. The Word of God is the looking glass of the heart.

B. Think by yourself. Alone and in quiet.

C. Think for yourself.

D. Think until you become still.

1. Till your mind finds the answers you can rest in.

III. MAKE A RIGHT APPROACH TO GOD "OFFER THE SACRIFICES OF RIGHTEOUSNESS."

A. When they brought sacrifice the first thing they did was to make a confession of sin.

1. We try to excuse our sins.

B. Come to God in His ordained way.

1. That is through Jesus Christ.

IV. EXERCISE FAITH "PUT YOUR TRUST IN THE LORD."

A. Trust that He is willing to accept you.

B. Trust that Christ is able to save you.

C. Trust that the Spirit can change you and keep you.

V. THE GLORIOUS RESULTS.

A. "Thou has put gladness in my soul."

B. "I will lay me down in peace and sleep!"

1. No more inner turmoil.

2. Peace with God through Jesus Christ.

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Source: <https://sermonindex.net/speakers/chuck-smith/psalms-44/>

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