



Sing, "Reversing the Eclipse of the Heart"

Cornerstone Bible Church
Lilburn, GA
Pastor Peter O'Neill

WEEK 4

Psalm 4:1-8

⁰ To the Chief Musician. With stringed instruments. A Psalm of David. ¹ Hear me when I call, O God of my righteousness! You have relieved me in my distress; have mercy on me, and hear my prayer. ² How long, O you sons of men, will you turn my glory to shame? How long will you love worthlessness and seek falsehood? Selah ³ But know that the LORD has set apart for Himself him who is godly; The LORD will hear when I call to Him. ⁴ Be angry, and do not sin. Meditate within your heart on your bed, and be still. Selah ⁵ Offer the sacrifices of righteousness, and put your trust in the LORD. ⁶ There are many who say, "Who will show us any good?" LORD, lift up the light of Your countenance upon us. ⁷ You have put gladness in my heart, more than in the season that their grain and wine increased. ⁸ I will both lie down in peace, and sleep; for You alone, O LORD, make me dwell in safety.

I. The Hope:

- (v1).

II. Turn Around:

- (vv2-5).

1. (v2).

2. (v3).

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3.

(vv4-5).

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(vv6-8).

III. Objections:

- 1. Prayer feels pointless. Nothing changes.** *Many people feel this way when they've prayed about something for a long time and don't see results. Sometimes the expectation is that prayer = instant solution. But scripture shows prayer is not just about changing circumstances but about reshaping our hearts. Paul says in Philippians 4:6-7 that prayer guards our hearts with God's peace – notice the promise is peace, not necessarily changed circumstances. Prayer interrupts anxious thinking by placing our concerns into God's hands.*
- 2. I can't love my enemies. They hurt me too badly.** *People often confuse forgiving with excusing or minimizing harm. However, holding on to anger can keep you trapped in cycles of bitterness and anxiety, which actually prolongs suffering. From a human perspective, enemies don't "deserve" our love or prayers. That is why Jesus commands us in Matthew 5:44: "Love your enemies and pray for those who persecute you." He knows it's unnatural, but He gives His Spirit to empower us. Forgiveness is about releasing the burden. Forgiving and praying for enemies frees us from being defined by their actions.*
- 3. God's peace isn't real. They are just words.** *People struggling with depression or anxiety may feel numb and assume peace is unattainable. In psychology, this is called "cognitive distortion" – believing that because you don't feel peace now, it must not exist. The problem is our culture defines peace as the absence of conflict or stress, which is NOT reality. We believe the lie that if circumstances don't change, peace can't exist. But Jesus redefines peace in John 14:27: "Peace I leave with you; my peace I give you. I do not give to you as the world gives." God's peace isn't circumstantial; it's relational and rooted in His presence.*

IV. Take Away:

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