



Now I Lay me Down to Sleep

Psalm 4

INTRODUCTION

In midst of a national crises David explains how peace is found with God.

INSTRUCTIONS

This guide is meant to facilitate discussion which will lead to a response to God's word. Therefore please use it as tool that best fits the needs of your community group.

OPENING DISCUSSION

- What was your biggest take away from the sermon?
- Do the worries of life ever steal your sleep? Discuss.

REVIEW

- Have someone read **Psalm 4**.
- What is the link between grace and God answering prayers (v2)?
- Why do we often sin in anger (v5)?
- What does he mean when he prays for the "light of God's face" (v6)?
- Why is sleep a picture of death? How can sleeping well help us prepare for death?

APPLICATION

- What role does God's past grace have in your ability to have peace in midst of trouble?
- Have you ever been slandered? How did you respond? How should you?
- How does God choosing you impact your understanding and practice of prayer?
- Are you an angry person? How do you know? How can you be angry and not sin?
- Do you ever take an inventory of your day? Discuss.
- What would you rather have: abundance or a deeper experience of God? Does the way you live and what you do agree with your answer?

PRAYER (divide the group based on gender if desired)

- What action/repentance does God want you to take according to the truths of this text?
- Are there any other prayer needs?