

# Psalm 004 - Individual Lament: Cry Out to God for Deliverance From Enemies

[To the **chief Musician on Neginoth**, A Psalm of David.]

## Psalm 4

### Trust God under Adversity

1 Answer me when I call, God of my righteousness! You have relieved me in my distress; Be gracious to me and hear my prayer.

1 Answer me when I call, O God of my righteousness! You have relieved me in my distress; Be gracious to me and hear my prayer.

1 When I call, answer me, my righteous God! When I was in distress, you set me free. Be gracious to me and hear my prayer.

1 Hear me when I call, O God of my righteousness: thou hast enlarged me when I was in distress; have mercy upon me, and hear my prayer.

2 You sons of man, how long will my honor be *treated as an insult*? *How long* will you love what is worthless and strive for a lie? *Selah*

2 O sons of men, how long will my honor become a reproach? *How long* will you love what is worthless and aim at deception? *Selah*.

2 You people, how long will you malign my reputation? How long will you love what is vain and what is false?

2 O ye sons of men, how long will ye turn my glory into shame? how long will ye love vanity, and seek after leasing? *Selah*.

3 But know that the LORD has set apart the godly person for Himself; The LORD hears when I call to Him.

3 But know that the LORD has set apart the godly man for Himself; The LORD hears when I call to Him.

3 But understand this: the LORD has set apart the godly for himself! The LORD will hear me when I cry out to him!

3 But know that the LORD hath set apart him that is godly for himself: the LORD will hear when I call unto him.

4 Tremble, and do not sin; Meditate in your heart upon your bed, and be still. *Selah*

4 Tremble, and do not sin; Meditate in your heart upon your bed, and be still. *Selah*.

4 Be angry, yet do not sin. Think about this when upon your beds, and be silent.

4 Stand in awe, and sin not: commune with your own heart upon your bed, and be still. Selah.

5 Offer the sacrifices of righteousness, And trust in the LORD.

5 Offer the sacrifices of righteousness, And trust in the LORD.

5 Offer sacrifices that are righteous, and put your confidence in the LORD.

5 Offer the sacrifices of righteousness, and put your trust in the LORD.

6 Many are saying, "Who will show us *anything* good?" Lift up the light of Your face upon us, LORD!

6 Many are saying, "Who will show us *any* good?" Lift up the light of Your countenance upon us, O LORD!

6 Many are asking, "Who will help us to see better days?" LORD, may the light of your favor shine upon us.

6 There be many that say, Who will shew us any good? LORD, lift thou up the light of thy countenance upon us.

7 You have put joy in my heart, More than when their grain and new wine are abundant.

7 You have put gladness in my heart, More than when their grain and new wine abound.

7 You have given me more joy in my heart than at harvest times, when grain and wine abound.

7 Thou hast put gladness in my heart, more than in the time that their corn and their wine increased.

8 In peace I will both lie down and sleep, For You alone, LORD, have me dwell in safety.

8 In peace I will both lie down and sleep, For You alone, O LORD, make me to dwell in safety.

8 I will lie down and sleep in peace, for you alone, LORD, enable me to live securely.

8 I will both lay me down in peace, and sleep: for thou, LORD, only makest me dwell in safety.