

A night sky with a crescent moon and blue-tinted clouds. The background is a dark blue, starry sky. A bright crescent moon is visible in the upper right quadrant. Large, wispy clouds are scattered across the sky, with a prominent, bright, glowing cloud in the lower center. The overall color palette is dominated by deep blues and whites.

Bedtime Prayers

Psalm 4

Psalm 4:1 (ESV)

To the choirmaster: with stringed instruments.

A psalm of David.

Answer me when I call, O God of my
righteousness! You have given me
relief when I was in distress. Be
gracious to me and hear my prayer!

What does David believe about God?

- God, you are listening.

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- God, you have proved yourself faithful to me in the past.

What does David believe about God?

- God, you are listening.
- God, you have proved yourself faithful to me in the past.
- God, you are the righter of wrongs.

Psalm 4:2 (ESV)

O men, how long shall my honor be
turned into shame?

How long will you love vain words
and seek after lies?

Selah

Psalm 4:3-4 (ESV)

But know that the Lord has set apart the
godly for himself. The Lord hears when
I call to him. Be angry, and do not sin.
Ponder in your own hearts on your
beds and be silent.

Selah

Psalm 4:5 (ESV)

Offer right sacrifices and put your
trust in the Lord.

David's Bedtime Routine

STEP 1: Remember whose you are.

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STEP 2: Bring the full range of your emotions to God. Vent your feelings and frustration there in God's presence, not elsewhere.

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STEP 3: Reflect on the responses of your heart. Identify where you are tempted to lose your composure, to surrender your peace of mind, to miss God's mark.

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STEP 4: Quiet your soul and rest in him. Tune your heart to listen to his truth.

“The Lord your God is in your midst, a mighty one who will save. He will rejoice over you with gladness. He will quiet you by his love. He will exult over you with joyful singing.”

(Zephaniah 3:17)

David's Bedtime Routine

STEP 5: Resolve upon waking to “offer right sacrifices,” to walk in obedience with God’s revealed will, to conduct yourself in way that please God and reflects Him out in the world.

David's Bedtime Routine

STEP 6: Offer your entire self to God.
Entrust your life to God's care and
leadership and press wholeheartedly into
that relationship.

Psalm 4:6-7 (ESV)

There are many who say, “Who will show us some good? Lift up the light of your face upon us, O Lord!”

You have put more joy in my heart than they have when their grain and wine abound.

Psalm 4:8 (ESV)

In peace I will both lie down and sleep. For you alone, O Lord, make me dwell in safety.

Learning to Trust Christ in the Night

1. Remember whose you are.
2. Vent the full range of your emotions to God.
3. Reflect on the responses of your heart.
4. Quiet your soul and rest in him.
5. Resolve to walk in step with God's revealed will, representing Christ tomorrow.
6. Entrust yourself wholly to God's love and leadership.