

## **MY BED IS A BLESSING FROM GOD**

### **SCCC**

#### **Scriptures**

“In your anger do not sin; when you are on your beds, search your hearts and be silent.” Psalm 4: 4

#### **C – Consideration**

In this Psalm, David is in distress, asking for mercy, and that God would relieve him from his suffering. He pointed out in verse three that, as a believer, the Lord will hear his prayer. In the next verse, the one I chose he is warning himself and us that because we live in a sinful world, there are times when people might hurt us, and we can get offended; However, he reminded himself: I can't keep my heart in bitterness. He also showed us a place where we should look for light to shine in the dark places of our souls: our beds. In verse six he wrote: “Let the light of your face shine upon us, oh Lord.” He also quoted that during these times we should be silent, allowing the Holy Spirit to work in us and to remind us of God's words which are the light that we need. As he kept describing his actions, he said that God filled his heart with much joy than choicest food, and then, he concluded: “In peace, I will lie down and sleep, for you alone, LORD, make me dwell in safety.”

#### **C – Commitment**

How many times I went to bed outraged, resentful against others, and with an unforgiving spirit. I would stay hours without sleeping, turning from one side to the other, thinking over and over the events that had turned me sour. Unfortunately, I would pray with my lips, but my heart was far from my words. In verse eight David said: “Offer right sacrifices.” In other words: don't fool God. In times like these, I offered wrong sacrifices which were my insincere prayers. The Apostle Paul quoted verse four in his letter to the Ephesians, adding some extra information: “In your anger do not sin”: Do not let the sun go down while you are still angry, and do not give the devil a foothold.” If God inspired David to write this Psalm and Paul to tell me that if I don't obey it, the enemy will oppress my life, then, I should follow its instructions and get divine joy and peace that I need to rest. I have to remind myself, my identity, lie down in silence, asking the Lord to help me overcome my anger, offer a sincere prayer, and have faith that he will hear me.

#### **C – Call**

My Heavenly Father, thanks for this powerful teaching from your word for my life. I pray that I will apply it when my heart would not be right. Lord, like David I ask you to make this learning, not something for my mind, but a revelation in my heart. Father, deliver me to fall into the devil's trap, as he always works his best to make me angry for days, months, and years. Lord, what good it is to fill my belly with the choicest food my soul desires and yet go to bed without your peace and your joy. Have mercy on me. In Jesus' name, I pray. Amen.