

**TITLE AND NUMBER:** 180. Let the light of your face shine on us



**REFERENCE AND KEY VERSE(S):** Psalm 4:1-8

Tremble and do not sin; when you are on your beds, search your hearts and be silent. Offer the sacrifices of the righteous and trust in the Lord. Many, Lord, are asking, 'Who will bring us prosperity?' Let the light of your face shine on us. Fill my heart with joy when their grain and new wine abound. In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety (v.4-8).

**LOOKING FURTHER:** Numbers 6:24-26; Ephesians 4:26-27

### What does this Bible passage tell us?

This Psalm written by David is meant as a song to be performed with stringed instruments. It reflects David's own thoughts when he is under a great deal of pressure and he is angry. In the first verse, he is speaking to God asking Him to hear his prayer and help him. When we have troubles, pressure or anxiety we too can take all of that to God and ask for His help. David has turned to God many times in his difficulties. So it is natural for him to call out again and we should, too.

In verses 2 and 3, David is speaking to other people (probably his own countrymen) saying, 'How long are you going to keep on letting me down?' That is why he is annoyed. He thinks their behaviour will tarnish his reputation. So, he is partly saying, 'Please get your act together and remember we are God's special people,' and partly saying, 'Stop embarrassing me!'

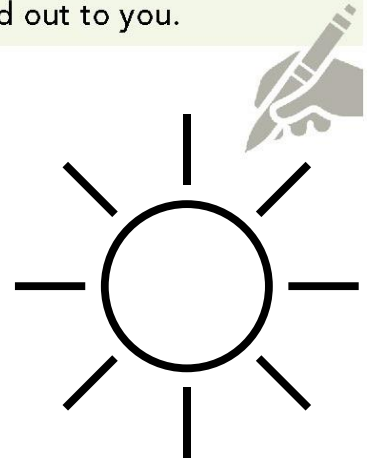
In verses 4-8, David is trying to calm things down. He does not want their anger (or his) to get the better of them and make them do something rash or make them disrespectful to God. That is good advice for all of us. Sleep on it and see how it looks in the morning - after you have brought it to God!

Finally, David quotes Aaron's prayer of blessing (Numbers 6:24-26) and reminds God, himself and the people that it is God who blesses us and that our greatest joys often come from Him – like when the harvest is plentiful. After thinking it all through and sharing it with God, David is at peace and can sleep quietly. He feels the 'Light' of God over his life, like the sun coming from behind a cloud and making all seem warm, joyful and calm.

### Reflections:

- We all get angry sometimes. But what we do about it is really important. Keeping it in is harmful, but venting it uncontrollably can be dangerous. Taking it to God and talking to a chaplain is the best of both worlds. Think about how you handled your anger last time. Perhaps David's advice will be helpful next time?
- We need to remember we are God's special people, too! How we react is seen by other people and by God. If we have messed up, we can say sorry to God. If we managed to stay calm, we need to thank God for helping us to do things His way. Maybe we will feel that wonderful warming Light, too!
- The prayer that God gave Aaron to pray over the people (Num 6:24-26) is very beautiful and was released as a song during Covid. Let it be our prayer for each other this week.

Write or draw something you read in this Bible Study that stood out to you.



Do you have any questions about this week's Bible Study?



How does this week's message apply to your life?



What can we learn about God from this week's passage?



What would you like to ask God this week?



Has God responded to your prayers this week in the way you had hoped for? It's okay to talk to God about this.

