

## **Psalm 4**

Why is this Psalm related to the Genesis readings?

This is a response to the genealogy of Adam listed in Genesis 5.

**Psalm 4:2** - "O ye sons of men..."

The Hebrew here, בני איש, *benee ish*, signifies, sons of man (singular), and not sons of men, and seems evidently to be of the same import as the phrase "sons of Adam." and if so, must include all mankind." -- Benson Commentary

According to the common opinion, this psalm like the previous one was composed by David on occasion of his being driven from his throne and kingdom (acc. to Barnes Commentary). If so, a comparison to the rebellion of the Fallen Angels could spiritually be referred to here, along with it's continuing influence on humankind.

**Psalm 4:3** - the Lord has set apart him that is godly for himself...  
Like righteous Noah who found grace with the Lord.

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

The first part of this verse is quoted by Paul in Eph. 4:26 using the Septuagint Greek version, "Be angry and sin not."

The word can mean "anger or rage" but it usually means shake or tremble with awe. This makes more sense within Paul's argument to put off the old man and his works.

Ephesians 4:26 - "Stand in awe of God, don't let the sun go down on the (cause) of your (righteous) anger (i.e. your former corrupt manner of life). Then you can be still and at peace upon your bed."

"Communing" or speaking to your own heart about these things results in "be still" or silent. It shuts up your mouth and stops all fear, inner turmoil and anxiety.

**Psalm 4:5** - Offer the sacrifices of righteousness, and put your trust in the LORD.

Aben Ezra thinks the peace offerings are intended. These are "acceptance offerings" and are only valid when preceded by sin and trespass offerings, reflected in "a broken spirit, a broken and a contrite heart," which God "will not despise" (in Psalm 51:17, where the same phrase is used in vs.19)

Once we acknowledge the righteous sacrifice of Christ on the cross, as typifying the sin, trespass, meal, peace and burnt offerings - then we put our trust in his finished work.

**Psalm 4:6b** - "LORD, lift you up the light of your countenance on us."

This means God's acceptance - reflecting the grace shown to Noah in Genesis 6:8

Then we can "at once" rest at ease and in peace.