

## Sleep in Heavenly Peace

### Psalm 4

Pastor Chad Cowan

September 11, 2025

- I. Turmoil demands God's presence. (4:1)
  - a. The Psalmist pled for help in turmoil.
  - b. Scripture normalizes turmoil.
- II. People may distract from God's presence. (4:2-6)
  - a. The Psalmist corrects ungodly people and attitudes.
  - b. Avoid friendly fire.
- III. God presence delivers peace. (4:7-8)
  - a. The Psalmist rested in God.
  - b. Lack of trust interrupts sleep.
- IV. How do I practice God's presence?
  - a. Embrace occasional boredom.
  - b. Cultivate an eternal perspective.
  - c. Check your conscience.