



How To Receive a Gift

1 Peter 4:12 (ESV)

Beloved, do not be surprised at the fiery trial when it comes upon you to test you, as though something strange were happening to you.

Philippians 1:29 (ESV)

For it has been granted to you that for the sake of Christ you should not only believe in him but also suffer for his sake

Psalm 4 (ESV)

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! ² O men, how long shall my honor be turned into shame? How long will you love vain words and seek after lies?

Psalm 4 (ESV)

³ But know that the LORD has set apart the godly for himself; the LORD hears when I call to him. ⁴ Be angry, and do not sin; ponder in your own hearts on your beds, and be silent. ⁵ Offer right sacrifices, and put your trust in the LORD.

Psalm 4 (ESV)

⁶ There are many who say, “Who will show us some good? Lift up the light of your face upon us, O LORD!” ⁷ You have put more joy in my heart than they have when their grain and wine abound. ⁸ In peace I will both lie down and sleep; for you alone, O LORD, make me dwell in safety.

David turns to God

Psalm 4:1 (ESV)

**Answer me when I call. Be
gracious to me and hear my
prayers.**

**David understands the source of
his righteousness**

Psalm 4:1 (ESV)

God of my righteousness

David remembers the past

Psalm 4:1 (ESV)

**You have given me relief when I
was in distress.**

**David knows his heart and his
propensity for sin**

Psalm 4:4-5 (ESV)

**Be angry, and do not sin; ponder in your own
hearts on your beds, and be silent. ⁵ Offer right
sacrifices, and put your trust in the LORD.**

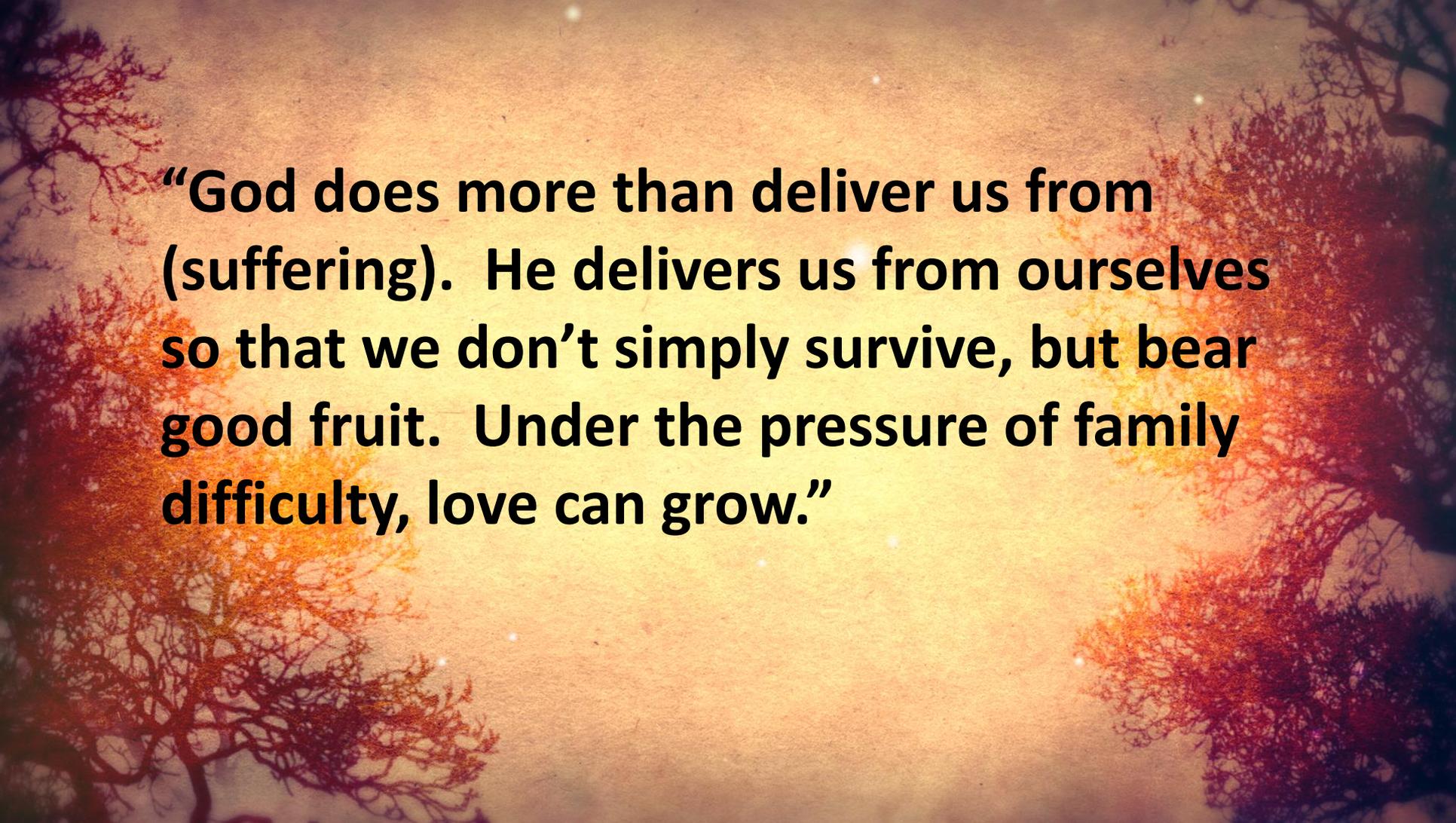
**David knows the source of true joy
and true peace**

Psalm 4:7-8 (ESV)

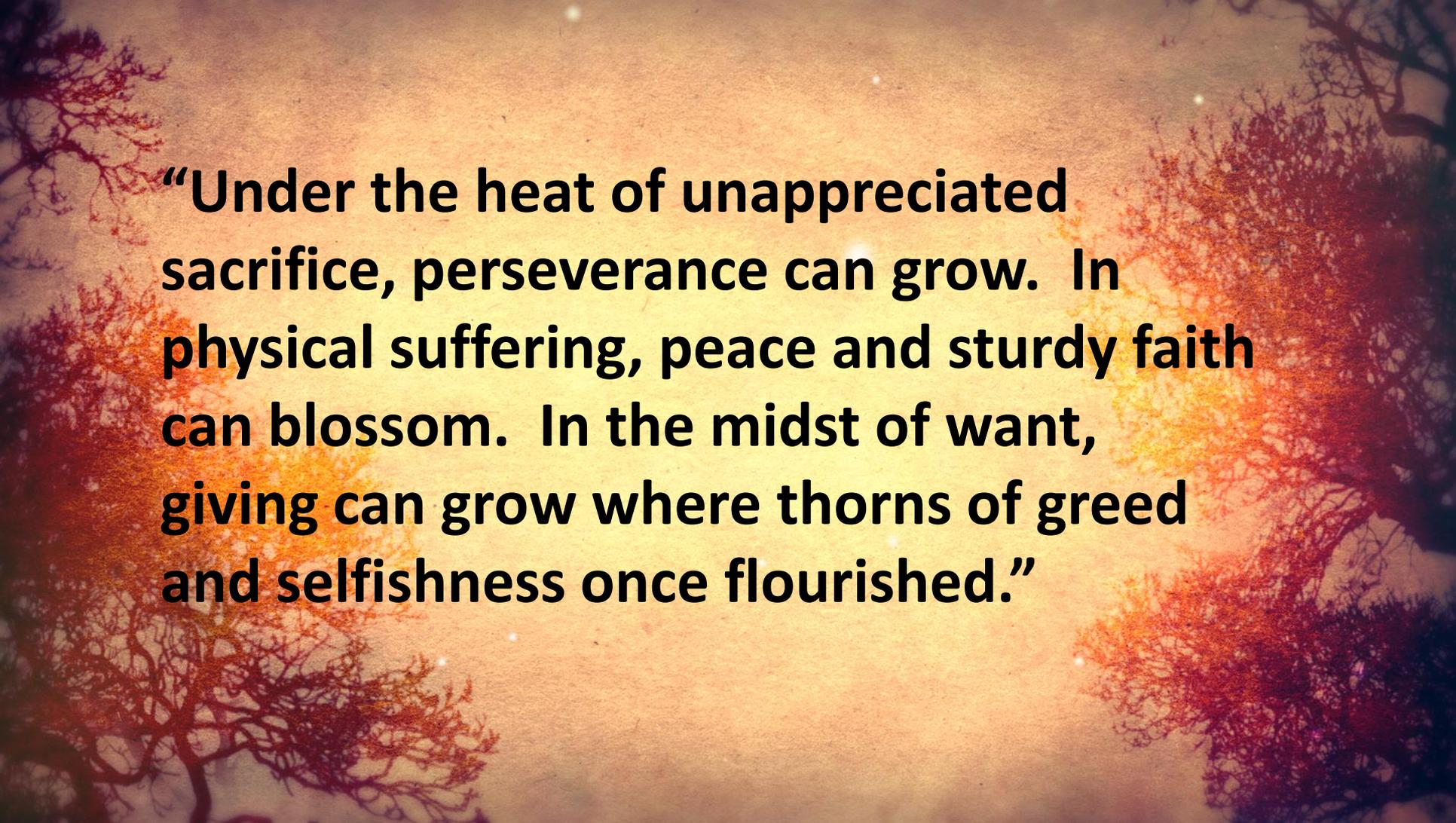
**You have put more joy in my heart than they have
when their grain and wine abound. ⁸ In peace I will
both lie down and sleep; for you alone, O LORD,
make me dwell in safety.**

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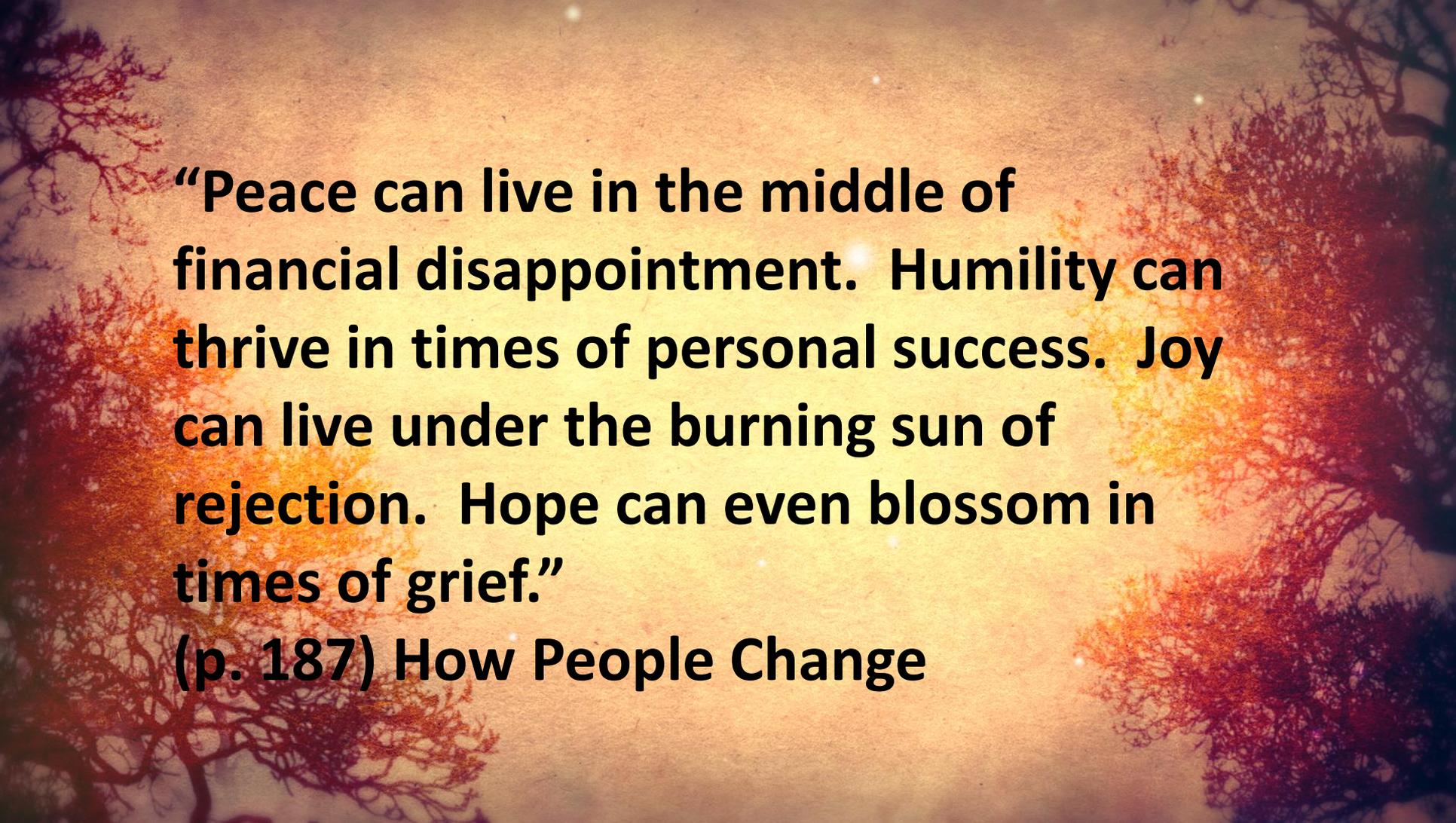
- 1. Run to God**
- 2. Recognize your dependence**
- 3. Remember the past**
- 4. Know your heart**
- 5. Seek joy and peace from the true, lasting source**



“God does more than deliver us from (suffering). He delivers us from ourselves so that we don’t simply survive, but bear good fruit. Under the pressure of family difficulty, love can grow.”



“Under the heat of unappreciated sacrifice, perseverance can grow. In physical suffering, peace and sturdy faith can blossom. In the midst of want, giving can grow where thorns of greed and selfishness once flourished.”



“Peace can live in the middle of financial disappointment. Humility can thrive in times of personal success. Joy can live under the burning sun of rejection. Hope can even blossom in times of grief.”

(p. 187) How People Change