

FIVE PITFALLS OF A PANDEMIC

PSALM 4 // ROGER FREEMAN

JUNE 7, 2020



Read Through Psalm 4. Write out one verse that gets your attention.

1. I am in for a good night's sleep when I trade loneliness for community.

Pastor Roger reinforced the responsibility of those who feel lonely to reach out rather than withdraw. We know this is hard for people who try to reach out but perceive they are being rejected. How do you work past rejection if you're already lonely? How do you make it easier for a friend to reach out to you?

Proverbs 18:1

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2. I am in for a good night's sleep when I trade boredom for righteousness.

Idleness can turn to sinfulness when you lose sight of the calling to be holy. You are always responsible to bear the message of the gospel before all. What "downtime" activities keep you focused on righteousness and sharing Jesus? What can you do to keep temptation from leading you into sexual sins, gluttony, and/or spiritual apathy?

1 Thessalonians 4:4

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3. I am in for a good night's sleep when I trade anger for humility.

"Be angry and do not sin." This is such a challenge if you believe strong offences should be met with wrath. However, avenging your sense of honour through an assault on another person's body or mind goes against God's will for your life. When you wrongfully justify your anger, vengeful words or actions elevate selfish pride over love for the person. Your focus, even in situations of great and prolonged suffering, is never revenge or retribution. It's always right relationship with God and people. See Micah 6:8

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Examine your relationships and the most difficult conflicts they pose. Do you see places where your lingering anger is unjustified? What does a humble step toward repairing the relationship look like for you? How will you ensure that you take that step?

Are there offences committed against you that God also condemns? What does humble lament look like? (Job 2:9-10)

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4. I am in for a good night's sleep when I trade despair for hope.

How do you keep messages of Christ's hope foremost in your mind so you can avoid personal despair and even encourage others?

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5. I am in for a good night's sleep when I trade fear for faith.

Colossians 3:3 is a strong verse that proclaims our hope of resurrection. The confidence we have about facing the possibility of physical death comes from the promise that our spiritual lives will continue in God's presence. We are not encouraged to be reckless with our lives but to make our lives available for service.

Do you believe that what you fear will happen, must actually happen? Are you able to step back from your fears and examine them in light of God's word? If you've done that before, what did you learn?

Luke 19:8–10 shows Zacchaeus's life changing because of faith. He did not fear the effects of admitting his sin or giving away half of his excessive wealth to the poor. Making restitution for wrongs you've done is hard. It would be far easier to forget about them and just move on. What happens when, by faith, you are able to make amends for your sin? How does this bless you and the ones you've hurt?