
Six Steps to Spiritual Success (Psalm 4:4-5)

⁴ Be angry, and do not sin. Meditate within your heart on your bed, and be still. Selah

⁵ Offer the sacrifices of righteousness, And put your trust in the LORD.

1. **Recognize Who God Is** (“Be Angry”)

“Occurring 41x in the OT, the verb *raghaz*, ‘to be agitated,’ ‘to quiver,’ ‘to quake,’ ‘to be roused to anger,’ is primarily used to express some form of physical shaking (both of animate and inanimate objects).

Beyond this, however, *raghaz* also encompasses the range of emotions causing or resulting from shaking. These include fear, anger, excitement, and trouble.” (The Complete Biblical Library)

Ps 99:1 “The LORD reigns; Let the peoples tremble! He dwells between the cherubim; Let the earth be moved!”

Hab 3:16 “When I heard, my body trembled; My lips quivered at the voice; Rottness entered my bones; And I trembled in myself, That I might rest in the day of trouble. When he comes up to the people, He will invade them with his troops.”

Psa 2:11 Serve the LORD with fear, And rejoice with trembling.

2. **Reject That Which Displeases God** (“Do Not Sin”)

“Although it does mean ‘to miss’ in four instances, this nuance is tied to the idea of being displeasing.” (The Complete Biblical Library)

Psa 119:11 “Your word I have hidden in my heart, That I might not sin against You!”

Eph 4:26-27 “Be angry, and do not sin”: do not let the sun go down on your wrath, nor give place to the devil.” [Seems to indicate that this “anger” is a state of fear or awe towards God that should not cease.]

Pro 3:7 Do not be wise in your own eyes; Fear the LORD and depart from evil.

Pro 16:6 In mercy and truth Atonement is provided for iniquity; And by the fear of the LORD [one] departs from evil.

Pro 8:13 The fear of the LORD [is] to hate evil; Pride and arrogance and the evil way And the perverse mouth I hate.

Pro 23:17 Do not let your heart envy sinners, But [be zealous] for the fear of the LORD all the day;

3. **Review God’s Person, Principles, Promises, & Plan** (“Meditate”)

Literally “Say in your hearts”

Josh 1:8 “This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.” (cp Psalm 1)

4. **Rest in God’s Wisdom, Strength, & Timing** (“Be Still”)

“The basic sense of this verb is ‘to be silent’ or ‘to be still’. In most cases, the concepts of upheaval, great distress and stillness are a part of the context in which *damam* appears.” (The Complete Biblical Library)

Psa 37:7 “Rest in the LORD, and wait patiently for Him; Do not fret because of him who prospers in his way, Because of the man who brings wicked schemes to pass.”

Psa 62:5 “My soul, wait silently for God alone, For my expectation is from Him.”

5. **Reverence God in Your Actions** (“Offer the sacrifices of righteousness”)

Rom 12:1 I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, [which is] your reasonable service.

1 Pet 2:5 you also, as living stones, are being built up a spiritual house, a holy priesthood, to offer up spiritual sacrifices acceptable to God through Jesus Christ.

1 Cor 10:31 Therefore, whether you eat or drink, or whatever you do, do all to the glory of God.

Heb 13:15-16 Therefore by Him let us continually offer the sacrifice of praise to God, that is, the fruit of [our] lips, giving thanks to His name. But do not forget to do good and to share, for with such sacrifices God is well pleased.

6. **Rely on God’s Protection & Providence** (“Put Your Trust in the Lord”)

Psa 4:8 I will both lie down in peace, and sleep; For You alone, O LORD, make me dwell in safety.

Psa 44:5-6 “Through You we will push down our enemies; Through Your name we will trample those who rise up against us. For I will not trust in my bow, Nor shall my sword save me.

Psa 56:3-4, 11 “Whenever I am afraid, I will trust in You. In God (I will praise His word), In God I have put my trust; I will not fear. What can flesh do to me? - In God I have put my trust; I will not be afraid. What can man do to me?”

Psa 125:1 “Those who trust in the LORD Are like Mount Zion, Which cannot be moved, but abides forever.”

1 Pet 1:13 Therefore gird up the loins of your mind, be sober, and rest [your] hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ;