

PRAY WITH THE KING

LIFE GROUP MATERIAL

6th Meeting THEME: How to sleep

Prepare yourself. Pray for your Life Group's meeting. Read Psalm 4

20.00 – 20.10 Start Do you ever have trouble to fall asleep? What helps you to have a good night? Does prayer help you (or are you disappointed about prayer at times)? Share!

20.10 – 20.15 Pray. Thank God for the book of Psalms, school for our prayers. Pray that God may grow you in prayer.

20.15 – 20.40 Bible passage

Before you read: Remember last week's Psalm, Psalm 3 – a morning prayer. David's men had seen that, after a very sad day, David had prayed, fallen asleep and rose with a bold prayer. His men may have wondered: how was David able to do that? What is his secret? Now to serve his men – and the church of all ages – through the Holy Spirit David made (perhaps that same day) a prayer/song, that they could pray together that evening. With the aim that they could enjoy what David had enjoyed: joy, peace, rest and safety in God.

Read Psalm 4 twice. (Or read & sing it)

A Psalm of David

Look again at verses 1-3 A prayer of the king (a cry (vs. 1), a sigh (vs. 2), a confession (vs. 3))

- What strikes you in these verses?

Look again at verses 4-5 An invitation of the king to join him in prayer

They may be angry. They may have things they say in their hearts. But they must not sin, by not praying this evening. They must become silent before God. They must bring their sacrifice (see Psalm 141:2) of prayer – although they cannot literally bring a sacrifice in Jerusalem now neither receive the priestly blessing.

- Have you ever experienced that it was difficult to stop talking in the night and to start a prayer?

Look again at verses 6-8 A prayer of the king for blessing and a testimony about blessing

- The men with David were concerned about their future. They feared they would never more see any good. Why? Can you imagine their thoughts?
- What was the secret of David's joy, peace, rest and safety?

A Psalm fulfilled in Jesus

- Look again at this Psalm. Think of Jesus in Gethsemane, Jesus going to and on the cross. How has this Psalm been fulfilled in Jesus?

20.40 – 20.50 Digging deeper: a Psalm for us

- Take some time to think about the question: what does it mean for you that this Psalm was given to you, to us, to be used by us? Share!

20.50 – 21.00 End Read the Psalm again and let the Psalm inspire your prayers!