

*TEXT: Psalm 4:8 - Ps 4:8 — In peace I will both lie down and sleep, for You alone,  
O Lord, make me dwell in safety. ESV*

*TITLE: How To Get A Good Night's Sleep*

**I. Remember You Belong To God**

Ps 4:3a — But know that the Lord has set a part the godly for Himself ESV

Ps 95:6-7 — Come, let us bow down in worship, let us kneel before the LORD our Maker;  
for he is our God and we are the people of his pasture, the flock under his care. NIV

The Good Shepherd lays down His life for the sheep

The Good Shepherd sleeps with His sheep

**II. Believe That God Hears You**

Ps 4:3 — the LORD hears when I call to him. ESV

Phil 4:6-7 — Do not be anxious about anything, but in everything, by prayer and petition,  
with thanksgiving, present your requests to God. 7 And the peace of God, which transcends  
all understanding, will guard your hearts and your minds in Christ Jesus. NIV

**III. Deal with your anger**

Ps. 4a ...Be angry and do not sin:

Ps. 4b ...ponder in your own hearts on your beds

...And be silent (on the inside)

Ps. 46:10 ...Be still and know that I am God

**IV. Make Your Peace With God**

v. 5 — Offer right sacrifices, and put your trust in the Lord

Ps. 51:17 — The sacrifices of God are a broken spirit; a broken and contrite heart,  
O God, you will not despise.

**V. Receive the Joy**

v. 7 — You have put more joy in my heart than they have when their grain and wine abound.

Jesus faced the dark sleepless night of His betrayal so you could go to sleep in peace tonight.