

A Peaceful Sleep

Passage: Psalm 4

Pastor Matthew Lau

(I) Pray to the God who has given you prior relief

(II) Speak your piece to those who need to hear it

(III) Feel your feelings in a manner worthy of the Lord

(IV) Take comfort in the Lord

Questions:

1. What has a tendency to keep you up at night?
2. Describe your emotions associated with it and how you handle them?
3. How do you think God's peace can apply to your situation?
4. What is a takeaway for this week?