



## Scriptures for Life

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Psalms 4:4 In your anger do not sin; when you are on your beds, search your hearts and be silent.

First we see here that one can be angry and not sin. However, be cautious. Anger is an emotion that can grow out of control very quickly and easily.

Next, we often hear how we should get our daily devotions in with the Father. Yet, here, we are told to get our nightly reflections in just the same. To spend time reflecting on our day. To examine the motives of our actions.

It's interesting how these sentences are placed back to back. So when your laying on your bed at night, examine what you have done and see if you sinned in your anger. Laying on your bed at night is a great time to reflect on your day. No distractions. It's just you and the Father. You, and only you, know what you've done.

But why be silent? Well, what's the first thing we try to do when we've done something wrong? We try to justify our actions. But no justification is accepted, so remain silent.

4 In your anger do not sin; when you are on your beds, search your hearts and be silent.

Let this be a focus in your time of meditation throughout the day. Until next time, Shalom