

#### Tehilim Perek 4

Welcome to NachDaily, covering the entire TANACH one Perek at a time. I'm Rabbi Shaya Sussman, and today we'll be discussing Tehilim Perek Daled.

*For the leader; with instrumental music. A psalm of David.*

The word "menatzeach" is really almost exclusively used in Sefer Tehilim. [The exception is in Neviim, Chavakuk perek gimmel, passuk Yud Tes.]

L'minatzeah Bin'igginus is understood to refer to when the Levi'im would play music in the Beis Hamikdash. The psalm would be led by a conductor, with musical accompaniment.

*Answer me when I call, O God, my vindicator! You freed me from distress; have mercy on me and hear my prayer.*

So many times we feel let down by our Tefilos. I've davened so much in my life and it all just seems to go nowhere. What's the point? Sure, I'll daven because that's what a frum Jew does. But do we really believe that Someone is listening? Do we really believe that Hashem will actually change things for us?

Dovid was addressing this feeling. "Answer me when I call!" So many times I feel that I wasn't answered. Now, Hashem, answer me!

Then he acknowledges, "B'tsar herchavti li." My pain allowed me to become, more expansive. I was made wider through my suffering.

This is a great lesson for us. We don't need to be scared of our own emotional experiences. We can embrace them, and not run away. All emotions come from God.

I've noticed, however, that many times we feel uncomfortable with our feelings. We want to run away from them rather than experience any perceived negative emotion.

In my opinion, this is a great mistake. Every experience that one has is part of the majesty of life. When we fear our own emotional states we freak ourselves out. This in return seems to make us stuck in that place for longer than necessary.

Dovid Hamelech used every experience from good to bad to even worse as a means to come close to Hashem. He understood on a deep level that at the end of the day nothing is separate from God, not even our mental and emotional states.

*Sons of man, how long will you put My honor to shame, love empty talk, and seek falsehood? Selah*

This passuk sheds light on what was happening in Dovid's life when he wrote this perek.

[There is a lesser known story that happened with Dovid at the end of Sefer Shmuel II, perek Chuf Aleph. There was a famine in Eretz Yisrael for 3 years. Dovid asked Hashem why it was happening and was told that there remained a judgment in Heaven for what Shaul had done to the Gevonim.

When Shaul had killed all the Kohanim in the City of Nov, he inadvertently caused harm to the Gevonim, who were the wood choppers and water carriers providing the water and wood for the Avodah in the Beis Hamikdash. Now that the Kohanim were dead, the Gevonim had no parnassah.]

*How long will you try and shame me?*

This refers to Dovid's detractors who insisted that the reason for the famine was due to his relationship with Bas Sheva, and had nothing to do with Shaul.

*Know that God has selected the pious one for Himself. God hears when I call.*

Although in the beginning of the perek, Dovid felt that His tefilos weren't being answered, he now states emphatically that God is listening.

The Luktey Maharan explains that we need to have great Emunah. That God tilts His ears to listen to every single word that comes out of our mouths. God is sitting and listening with all His attention to every single person who calls out to Him in prayer. Not only does He listen, but But God delights in our tefilos, even those of the lowest Jews.

*So tremble, and sin no more; ponder it on your bed, and sigh. Selah. Offer sacrifices in righteousness and trust in the LORD.*

Once we realize that Hashem listens and answer our tefilos, we will feel inclined and motivated to pray more!

That's why Dovid says, "Sit on your bed and think about it." Your feelings of gratitude will inspire you to give back to Hashem by bringing Korbanos!

*Many say, "Who will show us goodness?" Bestow Your favor on us, God.*

This is in reference to what people would say during the years of famine. "God, help us. The good days are gone. There is no more food left!"

*You put joy into my heart when their grain and wine show increase.*

With this possuk we see how their tefilos were answered. The Judgment against them for harming the Gevonim was removed. Rain began to fall, and grain and grapes started to grow again.

*Safe and sound, I lie down and sleep, for You alone, keep me secure.*

We see again that Dovid is able to sleep well at night, free of stress. by understanding that no external or internal occurrence is separate from Hashem. This realization provided Dovid with the proper perspective to deal with life's challenges.

I hope that we are all getting a glimpse into Dovid's amazing life. I think that any one of us would have been crushed by the circumstances that he faced.

This explains the enigma of how Dovid Hamelech was able to continue against all of his challenges.

Thank you all for listening and have a great day.