

melody

answer me give me re- lief when i call from my dis- tress to You

treble

bass

1

O my right- eous God

treble

bass

2

be ner- ci- ful to me and hear my prayer how

treble

bass

long will you tum my glory into share? how

treble

bass

long will you love de- lusions seeking false gods?

treble

bass

know that the Lord has set a part the Godly for Him-self the

Lord will hear when i call to Him

in your anger do not sin
tremolo

search your hearts and be silent offer right sac-rifices and

trust in the Lord

audience

many are asking who can show us any good?

The first system of music is in G major (one sharp). The vocal line begins with a melodic phrase: G4-A4-B4-C5 (quarter), D5-E5-F5-G5 (quarter), A5-B5-C6 (quarter), D6-E6-F6-G6 (quarter), A6-B6-C7 (quarter), D7-E7-F7-G7 (quarter), A7-B7-C8 (quarter), D8-E8-F8-G8 (quarter), A8-B8-C9 (quarter), D9-E9-F9-G9 (quarter), A9-B9-C10 (quarter), D10-E10-F10-G10 (quarter), A10-B10-C11 (quarter), D11-E11-F11-G11 (quarter), A11-B11-C12 (quarter), D12-E12-F12-G12 (quarter), A12-B12-C13 (quarter), D13-E13-F13-G13 (quarter), A13-B13-C14 (quarter), D14-E14-F14-G14 (quarter), A14-B14-C15 (quarter), D15-E15-F15-G15 (quarter), A15-B15-C16 (quarter), D16-E16-F16-G16 (quarter), A16-B16-C17 (quarter), D17-E17-F17-G17 (quarter), A17-B17-C18 (quarter), D18-E18-F18-G18 (quarter), A18-B18-C19 (quarter), D19-E19-F19-G19 (quarter), A19-B19-C20 (quarter), D20-E20-F20-G20 (quarter), A20-B20-C21 (quarter), D21-E21-F21-G21 (quarter), A21-B21-C22 (quarter), D22-E22-F22-G22 (quarter), A22-B22-C23 (quarter), D23-E23-F23-G23 (quarter), A23-B23-C24 (quarter), D24-E24-F24-G24 (quarter), A24-B24-C25 (quarter), D25-E25-F25-G25 (quarter), A25-B25-C26 (quarter), D26-E26-F26-G26 (quarter), A26-B26-C27 (quarter), D27-E27-F27-G27 (quarter), A27-B27-C28 (quarter), D28-E28-F28-G28 (quarter), A28-B28-C29 (quarter), D29-E29-F29-G29 (quarter), A29-B29-C30 (quarter), D30-E30-F30-G30 (quarter), A30-B30-C31 (quarter), D31-E31-F31-G31 (quarter), A31-B31-C32 (quarter), D32-E32-F32-G32 (quarter), A32-B32-C33 (quarter), D33-E33-F33-G33 (quarter), A33-B33-C34 (quarter), D34-E34-F34-G34 (quarter), A34-B34-C35 (quarter), D35-E35-F35-G35 (quarter), A35-B35-C36 (quarter), D36-E36-F36-G36 (quarter), A36-B36-C37 (quarter), D37-E37-F37-G37 (quarter), A37-B37-C38 (quarter), D38-E38-F38-G38 (quarter), A38-B38-C39 (quarter), D39-E39-F39-G39 (quarter), A39-B39-C40 (quarter), D40-E40-F40-G40 (quarter), A40-B40-C41 (quarter), D41-E41-F41-G41 (quarter), A41-B41-C42 (quarter), D42-E42-F42-G42 (quarter), A42-B42-C43 (quarter), D43-E43-F43-G43 (quarter), A43-B43-C44 (quarter), D44-E44-F44-G44 (quarter), A44-B44-C45 (quarter), D45-E45-F45-G45 (quarter), A45-B45-C46 (quarter), D46-E46-F46-G46 (quarter), A46-B46-C47 (quarter), D47-E47-F47-G47 (quarter), A47-B47-C48 (quarter), D48-E48-F48-G48 (quarter), A48-B48-C49 (quarter), D49-E49-F49-G49 (quarter), A49-B49-C50 (quarter), D50-E50-F50-G50 (quarter), A50-B50-C51 (quarter), D51-E51-F51-G51 (quarter), A51-B51-C52 (quarter), D52-E52-F52-G52 (quarter), A52-B51-C51 (quarter), D53-E53-F53-G53 (quarter), A53-B52-C52 (quarter), D54-E54-F54-G54 (quarter), A54-B51-C51 (quarter), D55-E55-F55-G55 (quarter), A55-B50-C50 (quarter), D56-E56-F56-G56 (quarter), A56-B49-C49 (quarter), D57-E57-F57-G57 (quarter), A57-B48-C48 (quarter), D58-E58-F58-G58 (quarter), A58-B47-C47 (quarter), D59-E59-F59-G59 (quarter), A59-B46-C46 (quarter), D60-E60-F60-G60 (quarter), A60-B45-C45 (quarter), D61-E61-F61-G61 (quarter), A61-B44-C44 (quarter), D62-E62-F62-G62 (quarter), A62-B43-C43 (quarter), D63-E63-F63-G63 (quarter), A63-B42-C42 (quarter), D64-E64-F64-G64 (quarter), A64-B41-C41 (quarter), D65-E65-F65-G65 (quarter), A65-B40-C40 (quarter), D66-E66-F66-G66 (quarter), A66-B39-C39 (quarter), D67-E67-F67-G67 (quarter), A67-B38-C38 (quarter), D68-E68-F68-G68 (quarter), A68-B37-C37 (quarter), D69-E69-F69-G69 (quarter), A69-B36-C36 (quarter), D70-E70-F70-G70 (quarter), A70-B35-C35 (quarter), D71-E71-F71-G71 (quarter), A71-B34-C34 (quarter), D72-E72-F72-G72 (quarter), A72-B33-C33 (quarter), D73-E73-F73-G73 (quarter), A73-B32-C32 (quarter), D74-E74-F74-G74 (quarter), A74-B31-C31 (quarter), D75-E75-F75-G75 (quarter), A75-B30-C30 (quarter), D76-E76-F76-G76 (quarter), A76-B29-C29 (quarter), D77-E77-F77-G77 (quarter), A77-B28-C28 (quarter), D78-E78-F78-G78 (quarter), A78-B27-C27 (quarter), D79-E79-F79-G79 (quarter), A79-B26-C26 (quarter), D80-E80-F80-G80 (quarter), A80-B25-C25 (quarter), D81-E81-F81-G81 (quarter), A81-B24-C24 (quarter), D82-E82-F82-G82 (quarter), A82-B23-C23 (quarter), D83-E83-F83-G83 (quarter), A83-B22-C22 (quarter), D84-E84-F84-G84 (quarter), A84-B21-C21 (quarter), D85-E85-F85-G85 (quarter), A85-B20-C20 (quarter), D86-E86-F86-G86 (quarter), A86-B19-C19 (quarter), D87-E87-F87-G87 (quarter), A87-B18-C18 (quarter), D88-E88-F88-G88 (quarter), A88-B17-C17 (quarter), D89-E89-F89-G89 (quarter), A89-B16-C16 (quarter), D90-E90-F90-G90 (quarter), A90-B15-C15 (quarter), D91-E91-F91-G91 (quarter), A91-B14-C14 (quarter), D92-E92-F92-G92 (quarter), A92-B13-C13 (quarter), D93-E93-F93-G93 (quarter), A93-B12-C12 (quarter), D94-E94-F94-G94 (quarter), A94-B11-C11 (quarter), D95-E95-F95-G95 (quarter), A95-B10-C10 (quarter), D96-E96-F96-G96 (quarter), A96-B9-C9 (quarter), D97-E97-F97-G97 (quarter), A97-B8-C8 (quarter), D98-E98-F98-G98 (quarter), A98-B7-C7 (quarter), D99-E99-F99-G99 (quarter), A99-B6-C6 (quarter), D100-E100-F100-G100 (quarter), A100-B5-C5 (quarter), D101-E101-F101-G101 (quarter), A101-B4-C4 (quarter), D102-E102-F102-G102 (quarter), A102-B3-C3 (quarter), D103-E103-F103-G103 (quarter), A103-B2-C2 (quarter), D104-E104-F104-G104 (quarter), A104-B1-C1 (quarter), D105-E105-F105-G105 (quarter), A105-B0-C0 (quarter), D106-E106-F106-G106 (quarter), A106-B-1-C-1 (quarter), D107-E107-F107-G107 (quarter), A107-B-2-C-2 (quarter), D108-E108-F108-G108 (quarter), A108-B-3-C-3 (quarter), D109-E109-F109-G109 (quarter), A109-B-4-C-4 (quarter), D110-E110-F110-G110 (quarter), A110-B-5-C-5 (quarter), D111-E111-F111-G111 (quarter), A111-B-6-C-6 (quarter), D112-E112-F112-G112 (quarter), A112-B-7-C-7 (quarter), D113-E113-F113-G113 (quarter), A113-B-8-C-8 (quarter), D114-E114-F114-G114 (quarter), A114-B-9-C-9 (quarter), D115-E115-F115-G115 (quarter), A115-B-10-C-10 (quarter), D116-E116-F116-G116 (quarter), A116-B-11-C-11 (quarter), D117-E117-F117-G117 (quarter), A117-B-12-C-12 (quarter), D118-E118-F118-G118 (quarter), A118-B-13-C-13 (quarter), D119-E119-F119-G119 (quarter), A119-B-14-C-14 (quarter), D120-E120-F120-G120 (quarter), A120-B-15-C-15 (quarter), D121-E121-F121-G121 (quarter), A121-B-16-C-16 (quarter), D122-E122-F122-G122 (quarter), A122-B-17-C-17 (quarter), D123-E123-F123-G123 (quarter), A123-B-18-C-18 (quarter), D124-E124-F124-G124 (quarter), A124-B-19-C-19 (quarter), D125-E125-F125-G125 (quarter), A125-B-20-C-20 (quarter), D126-E126-F126-G126 (quarter), A126-B-21-C-21 (quarter), D127-E127-F127-G127 (quarter), A127-B-22-C-22 (quarter), D128-E128-F128-G128 (quarter), A128-B-23-C-23 (quarter), D129-E129-F129-G129 (quarter), A129-B-24-C-24 (quarter), D130-E130-F130-G130 (quarter), A130-B-25-C-25 (quarter), D131-E131-F131-G131 (quarter), A131-B-26-C-26 (quarter), D132-E132-F132-G132 (quarter), A132-B-27-C-27 (quarter), D133-E133-F133-G133 (quarter), A133-B-28-C-28 (quarter), D134-E134-F134-G134 (quarter), A134-B-29-C-29 (quarter), D135-E135-F135-G135 (quarter), A135-B-30-C-30 (quarter), D136-E136-F136-G136 (quarter), A136-B-31-C-31 (quarter), D137-E137-F137-G137 (quarter), A137-B-32-C-32 (quarter), D138-E138-F138-G138 (quarter), A138-B-33-C-33 (quarter), D139-E139-F139-G139 (quarter), A139-B-34-C-34 (quarter), D140-E140-F140-G140 (quarter), A140-B-35-C-35 (quarter), D141-E141-F141-G141 (quarter), A141-B-36-C-36 (quarter), D142-E142-F142-G142 (quarter), A142-B-37-C-37 (quarter), D143-E143-F143-G143 (quarter), A143-B-38-C-38 (quarter), D144-E144-F144-G144 (quarter), A144-B-39-C-39 (quarter), D145-E145-F145-G145 (quarter), A145-B-40-C-40 (quarter), D146-E146-F146-G146 (quarter), A146-B-41-C-41 (quarter), D147-E147-F147-G147 (quarter), A147-B-42-C-42 (quarter), D148-E148-F148-G148 (quarter), A148-B-43-C-43 (quarter), D149-E149-F149-G149 (quarter), A149-B-44-C-44 (quarter), D150-E150-F150-G150 (quarter), A150-B-45-C-45 (quarter), D151-E151-F151-G151 (quarter), A151-B-46-C-46 (quarter), D152-E152-F152-G152 (quarter), A152-B-47-C-47 (quarter), D153-E153-F153-G153 (quarter), A153-B-48-C-48 (quarter), D154-E154-F154-G154 (quarter), A154-B-49-C-49 (quarter), D155-E155-F155-G155 (quarter), A155-B-50-C-50 (quarter), D156-E156-F156-G156 (quarter), A156-B-51-C-51 (quarter), 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A174-B-69-C-69 (quarter), D175-E175-F175-G175 (quarter), A175-B-70-C-70 (quarter), D176-E176-F176-G176 (quarter), A176-B-71-C-71 (quarter), D177-E177-F177-G177 (quarter), A177-B-72-C-72 (quarter), D178-E178-F178-G178 (quarter), A178-B-73-C-73 (quarter), D179-E179-F179-G179 (quarter), A179-B-74-C-74 (quarter), D180-E180-F180-G180 (quarter), A180-B-75-C-75 (quarter), D181-E181-F181-G181 (quarter), A181-B-76-C-76 (quarter), D182-E182-F182-G182 (quarter), A182-B-77-C-77 (quarter), D183-E183-F183-G183 (quarter), A183-B-78-C-78 (quarter), D184-E184-F184-G184 (quarter), A184-B-79-C-79 (quarter), D185-E185-F185-G185 (quarter), A185-B-80-C-80 (quarter), D186-E186-F186-G186 (quarter), A186-B-81-C-81 (quarter), D187-E187-F187-G187 (quarter), A187-B-82-C-82 (quarter), D188-E188-F188-G188 (quarter), A188-B-83-C-83 (quarter), D189-E189-F189-G189 (quarter), A189-B-84-C-84 (quarter), D190-E190-F190-G190 (quarter), A190-B-85-C-85 (quarter), D191-E191-F191-G191 (quarter), A191-B-86-C-86 (quarter), D192-E192-F192-G192 (quarter), A192-B-87-C-87 (quarter), D193-E193-F193-G193 (quarter), A193-B-88-C-88 (quarter), D194-E194-F194-G194 (quarter), A194-B-89-C-89 (quarter), D195-E195-F195-G195 (quarter), A195-B-90-C-90 (quarter), D196-E196-F196-G196 (quarter), A196-B-91-C-91 (quarter), D197-E197-F197-G197 (quarter), A197-B-92-C-92 (quarter), D198-E198-F198-G198 (quarter), A198-B-93-C-93 (quarter), D199-E199-F199-G199 (quarter), A199-B-94-C-94 (quarter), D200-E200-F200-G200 (quarter), A200-B-95-C-95 (quarter), D201-E201-F201-G201 (quarter), A201-B-96-C-96 (quarter), D202-E202-F202-G202 (quarter), A202-B-97-C-97 (quarter), D203-E203-F203-G203 (quarter), A203-B-98-C-98 (quarter), D204-E204-F204-G204 (quarter), A204-B-99-C-99 (quarter), D205-E205-F205-G205 (quarter), A205-B-100-C-100 (quarter), D206-E206-F206-G206 (quarter), A206-B-101-C-101 (quarter), D207-E207-F207-G207 (quarter), A207-B-102-C-102 (quarter), D208-E208-F208-G208 (quarter), A208-B-103-C-103 (quarter), D209-E209-F209-G209 (quarter), A209-B-104-C-104 (quarter), D210-E210-F210-G210 (quarter), A210-B-105-C-105 (quarter), D211-E211-F211-G211 (quarter), A211-B-106-C-106 (quarter), D212-E212-F212-G212 (quarter), A212-B-107-C-107 (quarter), D213-E213-F213-G213 (quarter), A213-B-108-C-108 (quarter), D214-E214-F214-G214 (quarter), A214-B-109-C-109 (quarter), D215-E215-F215-G215 (quarter), A215-B-110-C-110 (quarter), D216-E216-F216-G216 (quarter), A216-B-111-C-111 (quarter), D217-E217-F217-G217 (quarter), A217-B-112-C-112 (quarter), D218-E218-F218-G218 (quarter), A218-B-113-C-113 (quarter), D219-E219-F219-G219 (quarter), A219-B-114-C-114 (quarter), D220-E220-F220-G220 (quarter), A220-B-115-C-115 (quarter), D221-E221-F221-G221 (quarter), A221-B-116-C-116 (quarter), D222-E222-F222-G222 (quarter), A222-B-117-C-117 (quarter), D223-E223-F223-G223 (quarter), A223-B-118-C-118 (quarter), D224-E224-F224-G224 (quarter), A224-B-119-C-119 (quarter), D225-E225-F225-G225 (quarter), A225-B-120-C-120 (quarter), D226-E226-F226-G226 (quarter), A226-B-121-C-121 (quarter), D227-E227-F227-G227 (quarter), A227-B-122-C-122 (quarter), D228-E228-F228-G228 (quarter), A228-B-123-C-123 (quarter), D229-E229-F229-G229 (quarter), A229-B-124-C-124 (quarter), D230-E230-F230-G230 (quarter), A230-B-125-C-125 (quarter), D231-E231-F231-G231 (quarter), A231-B-126-C-126 (quarter), D232-E232-F232-G232 (quarter), A232-B-127-C-127 (quarter), D233-E233-F233-G233 (quarter), A233-B-128-C-128 (quarter), D234-E234-F234-G234 (quarter), A234-B-129-C-129 (quarter), D235-E235-F235-G235 (quarter), A235-B-130-C-130 (quarter), D236-E236-F236-G236 (quarter), A236-B-131-C-131 (quarter), D237-E237-F237-G237 (quarter), A237-B-132-C-132 (quarter), D238-E238-F238-G238 (quarter), A238-B-133-C-133 (quarter), D239-E239-F239-G239 (quarter), A239-B-134-C-134 (quarter), D240-E240-F240-G240 (quarter), A240-B-135-C-135 (quarter), D241-E241-F241-G241 (quarter), A241-B-136-C-136 (quarter), D242-E242-F242-G242 (quarter), A242-B-137-C-137 (quarter), D243-E243-F243-G243 (quarter), A243-B-138-C-138 (quarter), D244-E244-F244-G244 (quarter), A244-B-139-C-139 (quarter), D245-E245-F245-G245 (quarter), A245-B-140-C-140 (quarter), D246-E246-F246-G246 (quarter), A246-B-141-C-141 (quarter), D247-E247-F247-G247 (quarter), A247-B-142-C-142 (quarter), D248-E248-F248-G248 (quarter), A248-B-143-C-143 (quarter), D249-E249-F249-G249 (quarter), A249-B-144-C-144 (quarter), D250-E250-F250-G250 (quarter), A250-B-145-C-145 (quarter), D251-E251-F251-G251 (quarter), A251-B-146-C-146 (quarter), D252-E252-F252-G252 (quarter), A252-B-147-C-147 (quarter), D253-E253-F253-G253 (quarter), A253-B-148-C-148 (quarter), D254-E254-F254-G254 (quarter), A254-B-149-C-149 (quarter), D255-E255-F255-G255 (quarter), A255-B-150-C-150 (quarter), D256-E256-F256-G256 (quarter), A256-B-151-C-151 (quarter), D257-E257-F257-G257 (quarter), A257-B-152-C-152 (quarter), D258-E258-F258-G258 (quarter), A258-B-153-C-153 (quarter), D259-E259-F259-G259 (quarter), 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(quarter), D377-E377-F377-G377 (quarter), A377-B-

Psalm 4

**Answer me when I call to you, O my righteous God.
Give me relief from my distress;
be merciful to me and hear my prayer.
How long, O men, will you turn my glory into
shame?
How long will you love delusions and seek false
gods?**

**Know that the LORD has set apart the godly for
himself; the LORD will hear when I call to him.**

**In your anger do not sin; when you are on your beds
search your hearts and be silent.
Offer right sacrifices and trust in the LORD.**

**Many are asking, "Who can show us any good?"
Let the light of your face shine upon us, O LORD.
You have filled my heart with greater joy
than when their grain and new wine abound.
I will lie down and sleep in peace, for you alone, O
LORD, make me dwell in safety.**

School of Grace

Sleep disorders is rapidly rising as a new medical field. The problems that are causing us to lose sleep or to have poor sleeping habits are becoming more intense every day. But the idea of losing sleep is not a new one. In fact, it always seem to accompany spiritual anxiety, which also seems to be on the rise. This psalm gives some hints for these disorders. If you do suffer from a sleep disorder, seek your medical professional.

Firstly, we are always chasing delusions and false gods. Politics, economics, music, celebrities, individuals, ideologies, theologies. You name it, we chase it. And these things are not necessarily 'bad' things, but they start taking our time, causing us to forget mercy and grace.

Secondly, we are always searching for the right sacrifices. We think if we only do this or that, we could excise our guilt. We could remove the stains. The more we try, the worse they get. Grace is an unconditional gift that cannot be earned. Mercy covers our sin, with the sacrifice made by God Himself. What we give becomes a mere offering to price already paid.

Thirdly, we try to be 'good' or at least 'not bad'. Our goodness amounts to tattered old rags. Only God is good, and the sooner we accept this fact, the easier it is to accept the fact that God loves us, not because we are good, but showed the depths of his love while we were at our worst.

Fourthly, we don't like being set apart. We like being in the crowd. There is always safety in numbers. No one has to see our shame. We don't have the pressure of making mistakes.

So can you sleep?

Can you rest?

Are comfortable not doing anything?

Are you happy to let God be God?