

Bible Study: Book of Psalms

Psalm 38/39 seem to be written at the same time and connected to one another.

Date

January 15, 2025

Wednesday Night Class

Connecting Scriptures/Thoughts

Psalm 38

Usually, the problems that people find themselves facing come from their own actions. In David's case, he was experiencing great anguish over what he had done, because he KNEW that it was contrary to the Lord's will. He was overwhelmed with his guilt!

Guilt can affect a person mentally, emotionally, spiritually, and physically. (God tells us this through David and others)
Science has recently confirmed this (lol)

If we have deliberately turned from the way the Lord wants us to go, we will, and we should, feel guilt!

[1] O LORD, rebuke me not in your anger, nor discipline me in your wrath!

[2] For your arrows have sunk into me, and your hand has come down on me.

[3] There is no soundness in my flesh because of your indignation; there is no health in my bones because of my sin.

[4] For my iniquities have gone over my head; like a heavy burden, they are too heavy for me.

[5] My wounds stink and fester because of my foolishness,

[6] I am utterly bowed down and prostrate; all the day I go about mourning.

[7] For my sides are filled with burning, and there is no soundness in my flesh.

[8] I am feeble and crushed; I groan because of the tumult of my heart.

[9] O Lord, all my longing is before you; my sighing is not hidden from you.

[10] My heart throbs; my strength fails me, and the light of my eyes—it also has gone from me.

[11] My friends and companions stand aloof from my plague, and my nearest kin stand far off.

[12] Those who seek my life lay their snares; those who seek my hurt speak of ruin and meditate treachery all day long.

[13] But I am like a deaf man; I do not hear, like a mute man who does not open his mouth.

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<p>David confessed his sins to God, did the opposite of Adam and Eve which was to try to hide their sins. 1 John 1:9</p> <p>When was the last time that you asked God to forgive you of a sin you have committed?</p> <p>David relies on God to help him through the sin, and the effects that sin has had on him.</p> <p>Philippians 3:13-14 How do these verses connect to confessing sins to God? Philippians 4:17</p> <p>Should you feel better after confessing/repenting to God?</p> <p>Return back to God Zechariah 1:3</p>	<p>[14] I have become like a man who does not hear, and in whose mouth are no rebukes.</p> <p>[15] But for you, O LORD, do I wait; it is you, O Lord my God, who will answer.</p> <p>[16] For I said, "Only let them not rejoice over me, who boast against me when my foot slips!"</p> <p>[17] For I am ready to fall, and my pain is ever before me.</p> <p>[18] I confess my iniquity; I am sorry for my sin.</p> <p>[19] But my foes are vigorous, they are mighty, and many are those who hate me wrongfully.</p> <p>[20] Those who render me evil for good accuse me because I follow after good.</p> <p>[21] Do not forsake me, O LORD! O my God, be not far from me!</p> <p>[22] Make haste to help me, O Lord, my salvation! (ESV)</p>
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Connecting Scriptures/Thoughts	Psalm 39
<p>David wants to speak but is afraid of what he will say, afraid he will sin, but he spoke up anyway v3. BUT TO WHO?</p> <p>Proverbs 29:11 Anger Ephesians 4:26-27 Psalm 4:4</p> <p>Life is very brief. David wants to be reminded of this. Why? Ecclesiastes James 4:14</p> <p>7-11 David wants to be delivered from his transgressions. Probably connected to Psalm 38.</p>	<p>[1] I said, "I will guard my ways, that I may not sin with my tongue; I will guard my mouth with a muzzle, so long as the wicked are in my presence."</p> <p>[2] I was mute and silent; I held my peace to no avail, and my distress grew worse.</p> <p>[3] My heart became hot within me. As I mused, the fire burned; then I spoke with my tongue:</p> <p>[4] "O LORD, make me know my end and what is the measure of my days; let me know how fleeting I am!"</p> <p>[5] Behold, you have made my days a few handbreadths, and my lifetime is as nothing before you. Surely all mankind stands as a mere breath! Selah</p> <p>[6] Surely a man goes about as a shadow! Surely for nothing they are in turmoil; man heaps up wealth and does not know who will gather!</p> <p>[7] "And now, O Lord, for what do I wait? My hope is in you.</p> <p>[8] Deliver me from all my transgressions. Do not make me the scorn of the fool!</p>

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Notice that David ties in the aspect of being a Sojourner and the brevity of life. Why are these two topics tied together?

Who is David sojourning with?

What might David mean by the very last verse?

[9] I am mute; I do not open my mouth, for it is you who have done it.

[10] Remove your stroke from me; I am spent by the hostility of your hand.

[11] When you discipline a man with rebukes for sin, you consume like a moth what is dear to him; surely all mankind is a mere breath! Selah

[12] "Hear my prayer, O LORD, and give ear to my cry; hold not your peace at my tears! For I am a sojourner with you, a guest, like all my fathers.

[13] Look away from me, that I may smile again, before I depart and am no more!" (ESV)