

Psalm 38

- The 38th Psalm is one of the 7 penitential psalms; (6, 32, 38, 51, 102, 130, 143) that is a psalm that is an expression of sorrow over his sin. It is thought to have been written just about or before David's son Absalom rebelled against him.
- Some think that David may have contracted some kind of sexually transmitted or venereal disease as a result of his sin, which has made him miserable.
- David looks upon his condition as a judgment from God because of his sin.
- When we are at times suffering the consequences of our sin, feeling the chastening of the Lord we can respond in one of three ways, each of which is depicted in this psalm.

V: 1-8 We can focus on ourselves and experience sin's painfulness.

V: 9-14 We can focus on others and experience sin's loneliness.

V: 15-22 We can focus on the Lord and experience the forgiveness of sin.

V: 1-2 In his emotion it would appear that David is relating human tendencies, or even human mistakes to God. When he begs God not to rebuke or chasten him in his wrath and hot displeasure it's because that is what some earthly parents tend to do at times.

- As a parent it is a mistake to correct or chasten a child when we are overly angry or filled with wrath, it can lead to over reacting because of the extreme emotion involved.
- God never does that. Yes He does correct, yes He does rebuke and chasten at times, but it is always motivated by His love for us, not because He's angry.

Jeremiah 29:11 "For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end."

- The Lord always rebukes first, then chastens.

Proverbs 3:11-12 "11My son, despise not the chastening of the Lord; neither be weary of His correction: 12For whom the Lord loveth He correcteth; even as a father the son in whom he delighteth."

- If we don't listen to the words of his heart, then we will have to feel the weight of His hand."
- David is feeling the weight of God's hand upon him at this moment, it hurts!

V: 3-4 Often times when you read someones last will and testament it will start with a phrase somewhat like - "*being of sound mind and body...*" meaning that they are healthy both mentally and physically and able then to articulate their desires in settling their own estate.

- David is saying there is no soundness in his body, his flesh - because he's been discomfited by the Lord, there is no rest or peace in his bones because of his sin.

Isaiah 48:22 "There is no peace, saith the Lord, unto the wicked."

- Sin brings what David is presently experiencing: pain and sorrow but righteousness brings just the opposite.

Isaiah 32:17 "And the work of righteousness shall be peace; and the effect of righteousness quietness and assurance for ever."

- David acknowledges that he's brought this upon himself, it's because of his own sin, it's overwhelming, it's over his head.
- At one time we were all in the same boat, overwhelmed by our own sin; that is why Jesus said:

Matthew 11:28-30 "²⁸Come unto Me, all ye that labour and are heavy laden, and I will give you rest. ²⁹Take my yoke upon you, and learn of Me; for I am meek and lowly in heart: and ye shall find rest unto your souls. ³⁰For My yoke is easy, and My burden is light."

V: 5-8 David describes his sad situation - it parallels what Isaiah would later write:

Isaiah 1:5-6 "⁵Why should ye be stricken any more? Ye will revolt more and more: the whole head is sick, and the whole heart faint. ⁶From the sole of the foot even unto the head there is no soundness in it; but wounds, and bruises, and putrefying sores: they have not been closed, neither bound up, neither mollified with ointment."

- His loins are inflamed with disease, open stinky sores - sounds icky!

V: 9-12 Desires / hope / longing of his heart. "Lord I'm dying." David is just flat out miserable.

- David is in dire straits, he has sinned, he's been foolish, and he's paying the consequences in his physical body.

Galatians 6:7-8 "⁷Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap. ⁸For he that soweth to his flesh shall of the flesh

reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting.”

- When a person looks upon something that they delight or take pleasure in, there is a physiological response in that the pupil of the eye will dilate - which in turn allows more light into the eye. David is saying that the light of his eye is gone from him - the thing that he once delighted in no longer delights him.
- ¹¹⁻¹²None of those that love me want to be around me, my enemies haven't gone anywhere though, they're still after me.

V:13-14 There was nothing he could say, he had it coming.

V: 15-17 All he could do was throw himself upon the mercy of the Lord, he declared that his hope was in the Lord.

- David is asking God to hear him, so that his enemies won't be able to rejoice over his demise.

Psalm 25:1-2 “¹Unto thee, O Lord, do I lift up my soul. ²O my God, I trust in thee: let me not be ashamed, let not mine enemies triumph over me.”

- David describes that he's just about to the end, he can't stand much longer, he is being overcome by sorrow.

V: 18-20 David is declaring / confessing his iniquity...

1 John 1:9 “If we confess our sin, He is faithful and just to forgive us our sin, and to cleanse us from all iniquity.”

- David says that he will be sorry, which almost sounds a little trite. Other translations use “troubled” I am troubled over my sin, or “anxious” - “I'm full of anxiety over my sin.”
- I like the NKJV translation best in this “I am in anguish over my sin...”

2 Corinthians 7:10 “For Godly sorrow worketh repentance to salvation not to be repented of: but the sorrow of the world worketh death.”

- ¹⁹As Absalom went to Hebron and began to form this army to come against David, multitudes from Israel began joining with Absalom in his rebellion against David. Those that were against him were multiplying.
- ²⁰Those that render evil for good are my enemies because “I follow good.”

V: 21-22 This is a penitential psalm, a combination of confession and a prayer for mercy and restoration.

- David ends this Psalm the way it started - making his appeal to the “*LORD*” Jehovah, the covenant name of God, for 3 requests.

“Forsake me not...” (Be with me.)

“... be not far from me...” (Be near me.)

“... help me.”

Isaiah 41:10 “Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of My righteousness.”

Romans 8:35-39 “³⁵Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? ³⁶As it is written, for thy sake we are killed all the day long; we are accounted as sheep for the slaughter. ³⁷Nay, in all these things we are more than conquerors through him that loved us. ³⁸For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, ³⁹nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.”

“*O Lord my salvation.*” His salvation is the same as our salvation - Jesus is our salvation.

Psalm 39

V: 1-2 “*I will take heed to my ways...*” I’m going to be careful how I walk.

Ephesians 5:15 “See then that you walk circumspectly (carefully), not as fools, but as wise.”

- For our family this has morphed into a family motto: “don’t do anything stupid!”
- David is going to be careful not to sin with his tongue - that’s a difficult thing to do.
- This is something that both he and we will need God’s help with.

James 3:8 “But the tongue can no man tame; it is an unruly evil, full of deadly poison.”

- He will especially guard his tongue when he is before the wicked, not wanting to use his tongue to cut them down.

- Watching the situation, just keeping quiet. One of the best ways to not sin with your tongue is simply to be quiet.
- I can't remember a time when I got in trouble for not speaking; it's always the other way around:

Proverbs 10:19 "In the multitude of words there wanteth not sin: but he that refraineth his lips is wise."

- David wanted to say something, but he held back.

James 1:19 "Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath."

Ecclesiastes 3:1, 7b "To every thing there is a season, and a time to every purpose under the heaven:" - "7b... a time to keep silence, and a time to speak;"

V: 3-4 David was burning on the inside, not speaking - then when he did speak - it wasn't to his critics, it was to God - Lord help me to have the right perspective, help me to have an eternal perspective.

V: 5 "A good man knows his own limitations" - our lives are like a "handbreadth." before Him.

James 4:14 "Whereas ye know not what shall be on the morrow. For what is your life? It is even a vapour, that appeareth for a little time, and then vanisheth away."

- Life is short

V: 6 Men work at all kinds of things, but not all things have any kind of eternal significance.

- *"We have only one life to live and it will soon be past, only the things done for Christ will last."*

1 John 2:15-17 "15Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him. 16For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world. 17And the world passeth away, and the lust thereof: but he that doeth the will of God abideth forever."

V: 7-9 Lord I'm waiting on you, you're my hope - deliver me from all my transgressions - save me from my sins, from the effect of my sins.

“I was dumb” - I couldn't speak, can't complain because I acknowledge that you are the one who is chastening me, correcting me - David is committed to not speaking against the Lord.

- We need to be careful, not to complain, or to say things that point the blame to God, or mis-represent him in some way.

V: 10-11 David is asking God to remove the strokes, the blows, David feels like he's getting hammered, he's being consumed.

- The emptiness of the life of sin, the hollowness of it all. It's all a pseudo, false sense of happiness that is fleeting at best.
- Surely every man is vanity... the emptiness, it's all a waste.
- Solomon, David's son was a man of un-bridled passions, he did everything he ever wanted to do, ignoring God's Word, His warnings in the process - in the end his final conclusion was that it was all vanity, empty, just a waste of time.

Ecclesiastes 12:13 *“Let us hear the conclusion of the whole matter: fear God, and keep His commandments: for this is the whole duty of man.”*

V:12-13 David's petition, Lord hear my prayers - don't hold your peace, don't be silent in light of my tears, my afflictions.

- Spare me, be merciful to me - help me not to end this way. Help me to finish strong.
- Like David we all want to finish strong.

2 Timothy 4:7 *“I have fought a good fight, I have finished my course, I have kept the faith.”*