

Psalm 38 New American Standard Bible

Prayer of a Suffering Penitent.

O Lord, rebuke me not in Your wrath, And chasten me not in Your burning anger.

² For Your arrows have sunk deep into me, And Your hand has pressed 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 are gone over my head; As a heavy burden they weigh too much for me.

⁵ My wounds grow foul *and* fester Because of my folly.

⁶ I am bent over and greatly bowed down; I go mourning all day long.

⁷ For my loins are filled with burning, And there is no soundness in my flesh.

⁸ I am benumbed and badly crushed; I groan because of the agitation of my heart.

⁹ Lord, all my desire is before You; And my sighing is not hidden from You.

¹⁰ My heart throbs, my strength fails me; And the light of my eyes, even ^{10a}that ^{10b}has gone from me. ¹¹ My loved ones and my friends stand aloof from my plague; And my kinsmen stand afar off.

¹² Those who seek my life lay snares *for me*; And those who seek to injure me have threatened destruction, And they devise treachery all day long.

¹³ But I, like a deaf man, do not hear; And *I am* like a mute man who does not open his mouth. ¹⁴ Yes, I am like a man who does not hear, And in whose mouth are no arguments.

¹⁵ For I hope in You, O Lord; You will answer, O Lord my God.

¹⁶ For I said, "May they not rejoice over me, *Who*, when my foot slips, would magnify themselves against me." ¹⁷ For I am ready to fall, And my sorrow is continually before me.

¹⁸ For I confess my iniquity; I am full of anxiety because of my sin. ¹⁹ But my enemies are vigorous *and* strong, And many are those who hate me wrongfully.

²⁰ And those who repay evil for good, They oppose me, because I follow what is good.

²¹ Do not forsake me, O Lord; O my God, do not be far from me!

²² Make haste to help me, O Lord, my salvation!

We will use five tools on our expedition that are built around five questions

What questions were provoked within you?

Did anything confuse you?

Did anything move you emotionally?

Did God instruct you to do something?

Did you gain any insight into God's character?

Paul's questions and insights

1. Understanding who you are enables you to identify when things have gone wrong inside of you
2. David knew he was far more than just his fleshly body
3. If we are to face God let it not be while He is angry
4. This dispensation is a dispensation of grace because of what Jesus has done but there will be a day when this dispensation will end
5. For God to press in on us and his arrows to enter deep within us is to be under the conviction of the Lord
6. He is addressing problems in our lives
7. To sin is to miss God's best
8. When we sin if we do not deal with it properly our bones will waste away
9. Carrying the burden of sin will wear you out and make you sad
10. To be bent over is to be weakened under the burden of shame and guilt
11. What is it for David's loins to be filled with burning?
12. What is it to not have sound flesh and to be numb?
13. Why does agitation come into our hearts? Because of frustration and disappointment
14. God knows all our desires and God knows if they are righteous
15. Why do our hearts beat fast when we are under pressure?
16. David can see he has lost the light from his eyes when he has given way to sin
17. Friends are there for you when times are difficult
18. Acquaintances are not there for you in times of trouble
19. Even your family can back away from you in dark times
20. When you are weak your enemies will take full advantage of your vulnerabilities
21. These wicked ones scheme destruction for you
22. Sometimes the best way to defeat your adversary is to say nothing
23. Only the fool listens to the opinion of his enemy
24. Do not empower your enemy by paying attention to what he says about you

25. Wisdom is to acknowledge, you would do well to say nothing
26. David's declaration to hope in God is our example, so let God be your deliverer
27. 'Do not let' says David 'my enemy gloat when I stumble and rejoice when I fall because I represent you Lord'
28. Sorrow drives David to his knees and confession of his sin
29. Anxiety is the fruit of sin - you will lose your peace
30. How strong are your enemies?
31. 'Because I walk in the way of righteousness' says David 'the wicked hate me'
32. What is it for God to forsake you?
33. Is God near to you or is He far away from you
34. God came quickly to help David - does God come to you?