



# Brown Community Group

## Discussion Guide

Psalm 38 – July 11, 2021

**Psalm 38:1-22 NASB**

**Prayer of a Suffering Penitent**

[1] 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 that 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!

This Psalm was penned by David sick and in pain.

### Questions for Discovery

1. What are five types of Psalms?
2. What is a Psalm of lament?
3. How does Psalm 38 vary from the three parts of a lament?
4. What is a penitential Psalm?
5. David appears to be in deep distress and sorrow, if not somewhat depressed. What four things in the Psalm could be attributed to David's distress?
6. Who would like to relate a time a deep distress in their life?
7. Who else in the Bible does David's situation remind us?
8. Was David a Christian?
9. Living our lives in light of the New Testament, how can we face times of distress?

## Discussion

1. Types of Psalms- **Praise**—Psalm 145; **Wisdom**—Psalm 111:10; **Thanksgiving**—Psalm 95: **Royal**-Psalm 2; **Lament**-42 and 38.
  2. Laments are not common in our modern world. A lament is an expression of sorrow, description or distress, protest about an injustice. Most laments have three parts:
    - crying out to God
    - asking for help—persuade God to help deliver them from distress, suffering and pain. It is designed to persuade God to act on the behalf of the suffering. It is a prayerful plea to God to help and/or complain to God over a social injustice.
    - responding in trust and praiseLaments are a doxology, a form of worship.  
There are 150 Psalms and 42 of them are some form of lament.
  3. There is very little responding in trust and praise. In verse 22 David says, “Make haste help me, O Lord, my salvation.
  4. In this individual lament Psalm, which has been called “the penitent’s plea”, David expressed penitence that he had sinned against God and had thereby incurred His discipline. Penitent defined: feeling or showing sorrow and regret for having done wrong; repentant, “a penitent expression.”
  5. --David’s own sin. David had sinned against God and thereby incurred His discipline. The discipline can be in the form of opposition from enemies that the psalmist asked God to remove. David’s adultery may have been the occasion for writing this psalm. This Psalm may have been to remind God of His mercy, as its preface here and in Psalm 70 both introduce, pleas for God to make haste in providing deliverance. While forgiving his sins, David was told he would still suffer consequences (**2 Samuel 12:10-14**)  
Whatever the nature of his illness, this psalm is the penitent pleas of a sick man who understood that he was suffering because of his sin and God’s anger.
    - Illness- vs 5-10
    - Friends were unkind and deserted him. vs. 11
    - His enemies-vs 12, 19-20
- ### 7. Job
8. David was a man after God’s own heart, but not a follower of Christ because Jesus Christ had not yet come. This is important in our observation of David’s response\ to his situation. He did not have the words of Christ and the other New Testament scriptures for guidance we have today.
  9. How does it work that someone so close to God, so filled with the Spirit, so fired up and full of love, ends up distraught, angry, and alone in a matter of days? It’s often a fixation on the negative that gets us off track. We focus on the obstacle that robs of joy and fall into, “If only I could....if I just had....as soon as I...whatever she (or he) finally....then I’ll be happy and everything will be OK” Without thinking we create little gods that stand between us and the real God. Between us and real joy. Worship means “to assign value and worth to”. We accidentally worship little things that don’t matter in the bigger picture. Switch your focus from what you don’t have to what you do since

gratitude is the sure cure for anxiety, thinking about things you're grateful for can lift your spirits and get you back on track. **Attitude of Gratitude.**

Elbert's life verses: **Philippians 4:4-7**

**4** Rejoice in the Lord always; again, I will say, Rejoice.

**5** Let your reasonableness be known to everyone. The Lord is at hand;

**6** do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

**7** And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

When we worry we often visualize something in the future that we can't control and assume it's going to turn out badly. The things we worry about in this life include family, jobs, the weather, sport teams, terrorists, bad drivers and much more.

Answer—Invite Jesus into everything right up front. When you catch yourself worrying about something—Pray.

When we do not understand **why** something bad happened, instead of asking God why it happened, ask God **what** can I do in this situation to glorify your kingdom. Our focus then changes from us to God and our anxiety also changes.

It is said that music is the window to the soul. Songs often have a way of speaking God's truths.

**Graves into Gardens** by Elevation Worship (Nothing Better than You)

### **Turn Your Eyes Upon Jesus**

His word shall not fail you, He promised  
Believe Him and all will be well  
Then go to a world that is dying  
His perfect salvation to tell.

Turn your eyes upon Jesus  
Look full in His wonderful face  
Oh, and the things (the things) of earth will grow strangely dim  
In the light of His glory and grace.