

BIBLE STUDY OUTLINE

PSALM 38

- Psalm 38 is the 10TH prayer of distress**
- There are 2 kinds of prayers of distress**
- A. When David was hounded by Saul**
 - B. The sin with Bathsheba and cover-up**

OUTLINE CONTINUED

=> Psalm 38 is an example of the 2nd kind

=> David makes 6 requests in this Psalm

- 1) Rebuke me not vs. 1
- 2) Chasten me not in hot displeasure vs. 1
- 3) Forsake me not vs. 21 (4) Hear me vs. 15
- 5) Be not far from me vs. 21
- 6) Make haste to help me vs. 22

OUTLINE CONTINUED

CAUSES OF CHASTISEMENT/CHASTENING

1) Sin: Vs. 3. There is no soundness in my flesh because of thine anger; neither is there any rest in my bones because of my sin

=> David took his subordinate's wife => abuse of power

2) Iniquities: Vs. 18a. For I will declare my iniquity;

Inequity can be defined as gross **injustice** and **wickedness**.

Unjust and unfair because David had many wives already.

Wicked because of the scheming and plotting involved

OUTLINE CONTIUED

Psalm 37 deals with 5 major topics relevant to us as Christians

A) Sin and Iniquities

B) Consequencies

C) Repentance/Humility

D) Forgivness

E) Hope

OUTLINE CONTINUED

Consequences: There are consequences for sin and iniquities. Gal. 6:7. ‘Do not be deceived, for God is not mocked, for whatsoever a man sows, he shall also reap’

David reaped some harsh consequences for what he did.

What are these consequences?

OUTLINE CONTINUED

1) Physical consequences:

a) Vrs. 3,5,11: There is no soundness in my flesh because of thine anger, neither is there any rest in my bones because of my sins; My wounds stink and are corrupt; my lovers and friends stand aloof from my sore; and my kinsmen stand afar off.

=> This refers to sores and ulcers that also affected the bones, causing him to be restless. Also the discharge from these ulcers must have been offensive

OUTLINE CONTINUED

b) Venereal disease: vs. 7: My loins are filled with loathsome disease

=> Loathsome can be translated as burning

=> Loins in scripture sometimes refer to the life producing part of the body/seat of procreation

c) Heart tremors/arrythmia, weakness, almost going blind vs. 10

2) Mental consequences: vs. 6: I am troubled; I am bowed down greatly; I go mourning all the day long.

=> This shows someone who is mentally troubled

OUTLINE CONTINUED

Spiritual consequences:

Psalm 51:10-12. Create in me a clean heart, O God; and renew a right spirit within me. Cast me not away from thy presence, and take not thy Holy Spirit from me. Restore unto me the joy of thy salvation, and renew a right spirit within me
=> The most severe consequence of sin is a break in fellowship with God!

OUTLINE CONTINUED

REPENTANCE/HUMILITY

Verses 17,18: For I am ready to halt, and my sorrow is continually before me. I will declare my iniquity, I will be sorry for my sin

Prov. 28:13 He who covers his sins shall not prosper, but whoso confesses and forsakes them shall have mercy

I Jn. 1:9,10 If we confess our sins, he's faithful and just to forgive our sins and to cleanse us from all unrighteousness. If we say we have not sinned, we make him a liar, and his word is not in us

Repentance involves humility! e.g King David

OUTLINE CONTINUED

FORGIVENESS

I Jn. 1:9 Forgiveness follows after repentance/admission of guilt and the readiness turn around 180 degrees and go the opposite direction

=> We all need forgiveness even after we have become Christians. Epistle of I John was written to believers, not Unbelievers

I Jn. 3:15. Whosoever hates his brother is a murderer

Matt. 5:28 Anyone who looks lustfully at a woman immediately commits adultery

OUTLINE CONTINUED

HOPE

Verse 15: For in thee O Lord do I hope

Looking at things going on right now

=> **Covid**

=> **Inflation**

=> **Drug overdose deaths**

=> **High teenage suicide rates**

=> **Rumors of war**

OUTLINE CONTINUED

Despite the spiritual, mental, and physical turmoil David was going through, he was still expecting to see light at the end of the tunnel
Hope => Antidote to depression, anxiety, fear of the future

Hope => Confident expectation that what God has promised will surely come to pass because of His faithfulness => **Consistency in His character and performance**

OUTLINE CONTINUED

Hymn

Verse 1: My hope is built on nothing less
Than Jesus' blood and righteousness
I dare not trust the sweetest frame
But wholly lean on Jesus name

Chorus: ***On Christ the solid rock I stand***
All other ground is sinking sand
All other ground is sinking sand

Verse 2: When darkness veils his lovely face
I rest on His unchanging grace
In every high and stormy gale
My anchor holds within the veil