

Psalm 38 “Blessed are the Mournful”

Main Point: In this psalm, David expresses to God the emotional and physical anguish he feels due to His discipline, and confesses his sins and turmoil, as well as his relational trials with others, and pleads with God for relief and restoration.

I. The _____ of Discipline

A. The _____ of the _____

B. The _____ of the _____

II. The _____ of Discipline

A. _____ from the _____

B. _____ from _____

III. The _____ of Discipline

A. A _____ to God in _____

B. A _____ to God in _____

C. A _____ to God in _____

Additional Notes:

Key Points of Consideration & Application:

1.) What often prompts me to confess my sins to God, and do I experience relief through my confession, why or why not?

2.) What are some of the consequences I have experienced in the past for my sins or folly, and what consequences do I have to continue to live with, even though I may be forgiven?

3.) How do God’s character and attributes motivate me to resist temptations, sin, and folly, and be quick to confess and repent when I fall?

Key Passage to Memorize & Meditate Upon: 1 John 1:8-10 (LSB) If we say that we have no sin, we deceive ourselves and the truth is not in us.⁹ If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.¹⁰ If we say that we have not sinned, we make Him a liar, and His word is not in us.

Sermons to Listen to for Further Study:

Kevin DeYoung: Stinking Wounds

Don Green: God, This Hurts

