

## Psalm 39 “The Vanities of Man”

**Main Point:** David laments to God his sinful nature, his inability to cease from sinning and live righteously, the vanities of his life and the sad similarities of every human being, and pleads with God for deliverance and relief from his sin.

**I. His \_\_\_\_\_ with \_\_\_\_\_**

A. His \_\_\_\_\_ to \_\_\_\_\_

B. His \_\_\_\_\_ of its \_\_\_\_\_

**II. His \_\_\_\_\_ with \_\_\_\_\_**

A. \_\_\_\_\_ his \_\_\_\_\_

B. \_\_\_\_\_ man’s \_\_\_\_\_

**III. His \_\_\_\_\_ to \_\_\_\_\_**

A. His \_\_\_\_\_ of \_\_\_\_\_

B. His \_\_\_\_\_ & \_\_\_\_\_

**IV. His \_\_\_\_\_ to \_\_\_\_\_**

A. His \_\_\_\_\_ for \_\_\_\_\_

B. His \_\_\_\_\_ for \_\_\_\_\_

## Additional Notes:

### Key Points of Consideration & Application:

**1.)** What practices have I adopted to refrain from particular sins, and why did they work, or not work, and did I feel better, or worse about myself?

**2.)** Have I ever compared my sins to those of others, or mankind in general, and how did it make me feel about myself, or them, and was it beneficial in any way?

**3.)** How do God’s character and attributes motivate me to resist temptations and sin, and yet also be quick to confess, repent, and seek forgiveness when I sin?

**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. <sup>9</sup> If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness. <sup>10</sup> 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:

Richard Caldwell Jr: The Wise  
Response To A Troubled Heart

Don Green: Here Today, Gone  
Tomorrow

