

Psalm 39 New American Standard Bible

The Vanity of Life.

I said, "I will guard my ways
That I may not sin with my tongue;
I will guard my mouth as with a muzzle
While the wicked are in my presence."

² I was mute and silent,
I refrained *even* from good,
And my sorrow grew worse.

³ My heart was hot within me,
While I was musing the fire burned;
Then I spoke with my tongue:

⁴ "Lord, make me to know my end
And what is the extent of my days;
Let me know how transient I am.

⁵ "Behold, You have made my days *as* handbreadths,
And my lifetime as nothing in Your sight;
Surely every man at his best is a mere breath.

⁶ "Surely every man walks about as a phantom;
Surely they make an uproar for nothing;
He amasses *riches* and does not know who will gather them.

⁷ "And now, Lord, for what do I wait?
My hope is in You.

⁸ "Deliver me from all my transgressions;
Make me not the reproach of the foolish.

⁹ "I have become mute, I do not open my mouth,
Because it is You who have done *it*.

¹⁰ "Remove Your plague from me;
Because of the opposition of Your hand I am perishing.

¹¹ "With reproofs You chasten a man for iniquity;
You consume as a moth what is precious to him;
Surely every man is a mere breath.

¹² “Hear my prayer, O Lord, and give ear to my cry;
Do not be silent at my tears;
For I am a stranger with You,
A sojourner like all my fathers.

¹³ “Turn Your gaze away from me, that I may smile *again*
Before I depart and am no more.”

**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?

1. David had a consultation with himself - do you ever do this?
2. Who do you think was at that meeting?
3. David said, ‘I said - What part of David made the decision to guard his ways’.
4. What makes some people come up with the right choices in life that reflect God and others make the wrong choices that offend God?
5. When David speaks of his ways, he means the things he does in his body, the things he feels in his heart and the things he thinks in his mind. What is it to guard your ways?
6. David's tongue had got him in trouble many times - just like James says ‘it is the root of all evil set on fire by hell’.
7. How much sinning do you do with your tongue?
8. Is it possible to take charge of the tongue?

9. Physical restraint of a dog may stop him from biting someone, but it won't take away the desire to bite!
10. The law is a muzzle, it provides a restraint, but grace gives the desire not to do the deed.
11. Being in the presence of the wicked is not a nice place to be, yet even the wicked need to hear the gospel.
12. David had been intimidated in the presence of the wicked, it even stopped him from doing right.
13. Allowing intimidation to position you not to act right will make you sick and sorrowful.
14. Suppression is not a resolve - but neither is expression if it is an act of wrongdoing.
15. When David spoke it brought a release, talking about what is disturbing us inside is important if we are to live in peace.
16. Gaining perspective during life's contentions is essential.
17. If you can reflect on the eternal and your vulnerability and realize you are but breath, you gain wisdom to act right even if it is hard.
18. Revelation of life on earth can be sobering and an opportunity to gain wisdom to live life in a better way.
19. David says, 'my hope is in you God'.
20. Can you say this? Are you able to quote this next time life seems to you unjust and unfair?
21. Deliverance from transgressions is essential if you are to continue to walk daily with God.
22. Do you think God wants bad things to happen to you?
23. David had convinced himself the bad things happening were from God.

24. The truth is, you reap what you sow and that has nothing to do with God.
25. The chastening of a man by God is for the purpose of recovering the man who is lost.
26. Why do we cry?
27. Prayer has more to do with what is in the heart than what is said with the mouth.
28. David is believing what is not true about God, listening to your enemy is an unwise thing to do