SONGS FOR SUMMER

THE BOOK OF PSALMS

Psalm 39 (ESV)

To the choirmaster: to Jeduthun. *A Psalm of David. I said, "I will guard my ways, that I may not sin with my tongue; I will guard my mouth with a muzzle, so long as the wicked are in my presence."* [2] *I was mute and silent; I held my peace to no avail, and my distress grew worse.* [3] *My heart became hot within me. As I mused, the fire burned; then I spoke with my tongue:* [4] *"O LORD, make me know my end and what is the measure of my days; let me know how fleeting I am!* [5] *Behold, you have made my days a few handbreadths, and my lifetime is as nothing before you. Surely all mankind stands as a mere breath! Selah* [6] *Surely a man goes about as a shadow! Surely for nothing they are in turmoil; man heaps up wealth and does not know who will gather!* [7] *"And now, O Lord, for what do I wait? My hope is in you.* [8] *Deliver me from all my transgressions. Do not make me the scorn of the fool!* [9] *I am mute; I do not open my mouth, for it is you who have done it.* [10] *Remove your stroke from me; I am spent by the hostility of your hand.* [11] *When you discipline a man with rebukes for sin, you consume like a moth what is dear to him; surely all mankind is a mere breath! Selah* [12] *"Hear my prayer, O LORD, and give ear to my cry; hold not your peace at my tears! For I am a sojourner with you, a guest, like all my fathers.* [13] *Look away from me, that I may smile again, before I depart and am no more!"*

Next Week: Psalm 40

TALK SHEET

Have I engaged with someone outside the church this week with…

☐ Food ☐ Prayer

☐ Fellowship ☐ Word

1. Describe a time your tongue got away from you and caused an embarrassment or a "situation"

2. How might it help someone to consider the length of his/her life? What do you think about when you do? (4-6)

3. Do you wait for the same things as the psalmist? (7ff.) Explain.

4. Why would David ask God (the Lord) to "look away from me"? (13)

5. Do you approach God with all of your emotions (tears, shouts)? Why or why not?

6. Pray that God would deliver you from transgressions and give you a sense of hope in Him.