

The Inner Struggle During Adversity

Study Outline – Grace Bible Chapel

Psalms Study - Psalm 39 1- 13

Sunday – July 17th, 2011

Overview of Psalm 39:1-13 The author of this Psalm is David. The name Jeduthun, as part of the title is controversial among scholars as referring either to a musical instrument or the chief musician. Most likely it is the name of the musician. Either way this means this Psalm was designed to be played and sung. Although a song of confession and lament, it was used in public services and shows its functionality as a type of spiritual struggle true with all God's own.

This Psalm is a mixture of lamenting philosophy, righteous complaining, and reasoning under duress and extreme pressure. Psalms are functional because they are personal and transparent. Because of the transparency we can see the inner workings of the struggling mind of a child of God. The circumstances in David's life are not given, but as David had many trials as a man and a king, the lesson from it does not require us to know the exact incident. The importance of the Psalm is seen in the reflection on life during a harsh time that seems unjust to David. David begins by confessing that his self effort to endure silently could not be sustained. His self pity and anger toward God were not justified and brought him no peace (vs 1-3). He then expressed his confession of his insolent attitude toward God (vs 4-6). David then focused on his one source of hope, even while recognizing his trial is purposed from God. He now sees his trial as chastening because of his sinful attitude (vs 7-11). Finally, he pleads for pity as he sheepishly acknowledges that he will have no joy until God removes His hand of chastening (vs 12-13).

Often in life our practice of faith or looking exclusively unto God is put to the test. Observing David's suffering of mind, heart, and his wrestling through difficulty is rewarding to those encountering similar personal trials. The same propensity for a self relieving approach, a pouting lack of acceptance, along with all kinds of questions and emotions that arose within David will also arise today in the life of every Christian. Our philosophy of life is pressed and rationalism races through our minds. Often we attempt independent endurance, kick against God's sovereign right, and in extreme adversity we even contemplate death as a means of relief. These trials have a purpose of testing, reminding us of God's sovereign right over us, and realigning us spiritually to sole dependence on Him.

Introduction:

I. Self enduring impossible (39:1- 3)

II. Self confession of his thinking (39:4 - 6)

III. Sole expression of hope in God (39:7 - 11)

IV. Sheepish prayer (39:12 - 13)

Conclusion:
