

# Christmas In the Psalms

## Psalm 39

"Life Is A Breath"— January 2, 2022



### **Introduction**

When you are guest in someone's home, you know that your time is limited in their home. You don't get overly concerned with the furnishings because you know that it isn't yours to begin with. You are just passing through. What if we starting the new year thinking of our entire life in this manner? That we are just guests? That we are just sojourners? That our time here on earth is just the "hotel room" before we get to eternal home that Jesus has prepared for us in heaven? How would that transform our thinking about our time, resources, treasure or even our next breath?

### **Pray**

Before you begin, take some time to ask God to help you understand His word, to reveal what needs to change in you, and for the grace to follow Him in response. To help, use [Psalm 119:33-40](#) as a prayer for God to open His word up to you.

### **Sermon Outline**

1. How David responds in the midst of God's discipline Vs. 1- 6
2. Where David's hope is Vs. 7 - 13

### **Read & Discuss**

- 1) Read 39:1-6

David is under God's discipline. (Vs. 11) God, our Heavenly Father administers discipline perfectly and justly. God's goal with discipline is for us to develop in holiness and maturity.

Here, David is struggling emotionally. He is feeling the pressure, yet he was silent. (Vs. 1 – 3) For many of us in difficult circumstances, the first way we respond is with our mouth. We must guard our tongue. Instead of getting angry and lashing out, David responds in humility, asking God to show him how fleeting life is.

What if you starting off this new year thinking about and understanding the brevity of life? How different would your attitude be? Is God using difficult circumstances in your life to show you how fleeting and fragile life is?

**Additional Reading:** James 3:5-12, Psalm 90:12

- 2) Read 39:7-13

David turns his focus upward. We often put our hope in things that are fleeting. If you make the Lord and His promises your hope, you will never be disappointed. God consumes the things that are precious to us because most of the time we are counting the wrong things as precious.

David acknowledges that this discipline is from the Lord, and he goes to God in repentance. David cries out in desperate prayer to God. He is broken and grieving over his sin. David goes to the One who ordained these circumstances in his life and Who will forgive his sin. It is in God that David has his hope.

Applications:

1. Guard your response in times of discipline and trials. [James 1:2-4](#)
2. Put your hope in the right place.

3. Remember that life is but a breath. Our stay on earth is temporary.

On what things do you spend your time and resources? Does the fear of losing them keep you up at night? What robs you of your joy? How might God be redirecting your focus? Is there someone to whom you can be accountable about your struggles? Do you have a plan for personal spiritual growth this year? (Bible reading, study, prayer, etc.)

**Additional Reading:** 1 Peter 1:13, 2 Corinthians 7:10, Psalm 5, Hebrews 12:6, 1 John 3:1

**Prayer of Response**

1) After hearing God's Word, what sin do I need to *confess*? From what do I need to *repent*?

2) How should my life be lived this week based on what I have heard? What should I *understand, believe, desire, or do*?

Spend time praying together in response to God's word asking for His help and greater faith to follow Him in the week to com.

If you missed the sermon on Sunday or would like to listen again, visit our website at <https://fbcum.org/sermons-new/>

<b>*Next week's sermon text:</b> we turn to <a href="#">Genesis 1:1-24</a> "In the Beginning"
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