

Today we will have our 9th lecture on the book of Psalms. /Our message is from Psalm 38. /The believer who is punished by God is bound to become weak. /O God! Do not rebuke me in your wrath. /Please do not punish me in your anger.

/Verses 1-7. Let us read. /O LORD, rebuke me not in your anger, nor discipline me in your wrath! For your arrows have sunk into me, and your hand has come down on me. There is no soundness in my flesh because of your indignation; there is no health in my bones because of my sin. For my iniquities have gone over my head; like a heavy burden, they are too heavy for me. My wounds stink and fester because of my foolishness, I am utterly bowed down and prostrate; all the day I go about mourning. For my sides are filled with burning, and there is no soundness in my flesh.

/Verse 2 says that the Lord's arrows have sunk into me. /It feels like his hand has come down on me. /Believers! Do you think you can endure it when God presses down on you? /Can I be well if God pierces me?

/Verse 3 says that there is no soundness in my flesh because of the Lord's indignation. /There is no peace in my bones. /Why are these things happening to me? /Why is God suddenly doing this to me?

/Verse 4 says that these things are happening because of my sin. /The verse says that my iniquities have gone over my head. /I have my stubbornness and pride. /I try to do things in my own power. /We do not obey God's will, and our opinions are too strong.

/This is what I think. /I think this is a good way to deal with it. We say these things as we try to behave according to our will. /Does God ask us for our opinion? /Does he discuss things with us? /Does he say, "What do you think?"

/ "What do you know about this?" /God does not ask us these questions. /What did God say to Abraham? /He said, "Take your son Isaac and offer him as a sacrifice."

/Abraham did not reply to God, "God, let us discuss this!" / "Let me pray about it." / "I will think over this." /Abraham did not say such things.

/How should we respond when God speaks to us? /We need to accept his words as they are. /What should we do after that? /We should immediately obey. /This is proper faith. / Rid yourself of your thoughts and claims.

/Verse 4 says, "For my iniquities have gone over my head; like a heavy burden, they are too heavy for me." /Verse 5 says, "My wounds stink and fester because of my foolishness." /Sickness and suffering came upon David.

/The believer has suffered a loss to his possessions. /God punishes the believer's children. /God blocks us as we try to move forward. /The reason why all these things happen is we are foolish. /Verse 6 says that I am utterly bowed down and prostrate. /How were we before?

/In the past, we were strong. /We were stiff. /God called Israel a stiff-necked people. /We need to be humble before God. /We are extremely bent.

/Naturally, our hearts are hard. /God lowers us. /Verse 7 says that my sides are filled with burning. /This is verse 7. /The Jewish people think their kidneys are their sides.

/When their hearts are hurting, they say that their kidneys are hurting, not their hearts. /The kidneys are located at the center of our bodies. /If our kidneys are not well, the entire body experiences great pain.

/The verse is saying that God pierces our kidneys. /Then how can we stand up straight? /We would probably roll around in pain. /This is happening because of our sin. /It is because of our foolishness. /We need a heart of repentance. /There is hope when we repent.

/Verses 8-11. /I am feeble and crushed; I groan because of the tumult of my heart. O Lord, all my longing is before you; my sighing is not hidden from you. My heart throbs; my strength fails me, and the light of my eyes—it also has gone from me. My friends and companions stand aloof from my plague, and my nearest kin stand far off.

/I am feeble and crushed. /My heart groans in its anxiety. /Verse 9 says that my sighing does not end. /In verse 10, I am becoming weaker and weaker. /The light of my eyes has gone from me.

/Verse 11 says that my loved ones and friends stand aloof from my wounds. /My closest friends have turned away from me. /People are criticizing me. /They are looking down on me.

/Verses 12-16. /Those who seek my life lay their snares; those who seek my hurt speak of ruin and meditate treachery all day long. But I am like a deaf man; I do not hear, like a mute man who does not open his mouth. I have become like a man who does not hear, and in whose mouth are no rebukes. But for you, O LORD, do I wait; it is you, O Lord my God, who will answer. For I said, “Only let them not rejoice over me, who boast against me when my foot slips!”

/My enemies rejoice as they look at me. /They stare at me and criticize me. /Verse 13 says that I do not hear, like a deaf man. /I have become like a mute person. /In verse 16, I say to God, / “Do not let the wicked rejoice over me.”

/Do not let the wicked boast when I fail and slip. /There are times when God punishes the church or believers. /It is a time of grace when we are punished. /Hebrews 12:6 talks about this. /God disciplines those he loves.

/Job 5:17 also discusses this. /Blessed is the one who is disciplined by the LORD. /But how are we when we are disciplined? /It becomes easy for us to fall. /Disappointment tries to enter our hearts.

/Why doesn't God listen to our prayers? /It is because of our sins. /It is because I have been foolish. /We need to admit to these facts. /Who teaches us these things? /God does. /Opportunity comes when we repent.

/Verses 17-22. /For I am ready to fall, and my pain is ever before me. I confess my iniquity; I am sorry for my sin. But my foes are vigorous, they are mighty, and many are those who hate me wrongfully. Those who render me evil for good accuse me because I follow after good. Do not forsake me, O LORD! O my God, be not far from me! Make haste to help me, O Lord, my salvation!

/I am ready to fall. /My pain is before me. /In verse 18, the believer repents. /He confesses his wrongdoings. /Pain has come because of my sin. /God, please forgive me.

/God, please protect me from my powerful enemies. /Please block those who hate me. /Verse 20 says that I will now follow after God's good. /I will obey the word of God.

/Verse 21 says, "Do not forsake me, O LORD!" /Be not far from me. /Make haste to help me. /God helps us when we pray.

/We will now study Psalm 39. /Be still in your waiting! /We need to be still until God helps us.

/Verses 1-6. Let us read. /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." I was mute and silent; I held my peace to no avail, and my distress grew worse. My heart became hot within me. As I mused, the fire burned; then I spoke with my tongue: "O LORD, make me know my end and what is the measure of my days; let me know how fleeting I am! 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* 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!

/I will guard my ways. /I will not sin with my tongue. /How do we sin with the tongue? /There are several ways. /Complaints, regrets, dismay, condemnation, and criticism are examples. /Our hearts become dissatisfied. /Regret and dismay find their way into our hearts.

/This happened because of this person. /This is whose fault. /We are busy criticizing others. /We have been tempted. /Believers! Do these thoughts form in your hearts? /We have spoken such words. /We have been tempted.

/Do we have disappointed hearts? /We have been tempted. /I will not sin with my tongue.
/I will guard my mouth with a muzzle. /We need to be still and silent.

/Moses spoke to the people of Israel. /Before the Red Sea, Moses spoke. /Be still! /He was telling the people to wait for God's salvation. /God helps us when we are still and rely on God. /We need to have a time of waiting.

/We are waiting and hoping for God's help to come. /Verse 2 says that my distress grew worse. /In verse 3, my heart became hot within me. /It says, "As I mused, the fire burned; then I spoke with my tongue."

/Lord! I am weak. /Verse 5 says, O God! /My life is short. /I do not think I will be able to live much longer. /Please help me, God. /The verse reads, "You have made my days a few handbreadths."

/The lives of man are nothing in the eyes of God. /Verse 6 says that our lives are like a shadow. /How long does a shadow exist? /It disappears when the sun goes down. /Our lives are as short as the shadow.

/Who will remember us when we leave the world? /How long will our children remember us? /If they too leave the world, who then will remember us? /Our lives are short. /Our lives are also empty.

/What remains for us? /Living according to God's will is the only thing that will remain forever. /There is a time for us to be still and silent. /It is a time for us to pray. /What do I hope for in verse 7? /I hope only for God.

/Verses 7-13. /"And now, O Lord, for what do I wait? My hope is in you. Deliver me from all my transgressions. Do not make me the scorn of the fool! I am mute; I do not open my mouth, for it is you who have done it. Remove your stroke from me; I am spent by the hostility of your hand. 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* "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. Look away from me, that I may smile again, before I depart and am no more!"

/ "O Lord, for what do I wait?" / "My hope is in you." /My hope is in God alone. /In verse 8, I ask God to deliver me from all my transgressions. /Do not make me the scorn of the fool.

/Do not make a mockery of me. /I am suffering disaster. /God's punishment is upon me. / Verse 11 says, "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!"

/I am nothing. /I am like a shadow. /We are sojourners and exiles. /Verse 12 talks about this. /We are sojourners. /We are like the fog that appears for a while and then disappears.

/Where are you going? /We are people looking for our home. /Where is our home? /Our home is in heaven. /We are people who long for heaven. /We are searching for our home.

/We need to live in faith as we temporarily live in the world. /We must keep our faith as we momentarily stay here. / “Hear my prayer, O LORD, and give ear to my cry.” /We need to be people who pray and repent.

/We will continue with Psalm 40. /Sing to God a new song of praise.

/Verses 1-5. Let us read. /I waited patiently for the LORD; he inclined to me and heard my cry. He drew me up from the pit of destruction, out of the miry bog, and set my feet upon a rock, making my steps secure. He put a new song in my mouth, a song of praise to our God. Many will see and fear, and put their trust in the LORD. Blessed is the man who makes the LORD his trust, who does not turn to the proud, to those who go astray after a lie! You have multiplied, O LORD my God, your wondrous deeds and your thoughts toward us; none can compare with you! I will proclaim and tell of them, yet they are more than can be told.

/Verse 1 reads, “I waited patiently for the LORD; he inclined to me and heard my cry.” / God listens to our cries. /God draws us out of the pit. /He sets my feet upon the rock.

/Verse 3 says that a new song arises from my heart. /David is praising God. /What song is a new song? /The song that is sung when our hearts become renewed is a new song. /If we sing a new score, does it become a new song?

/A new song is a song we sing when our hearts become new. /We may sing the same song after our hearts have been renewed. /Many people fear us when we sing a new song.

/Who does verse 4 say is the blessed man? /Blessed is the man who trusts in the LORD. / God does not look after the proud or those who go astray after a lie. /People are carried away by things. /Some are carried away by the opposite sex.

/Some fall into philosophy. /Others are led astray by politics. /There are those who lean towards science. /However, we must stand firmly on the word of God. /Trust in God. /In verse 5, God does his wondrous deeds. /No one can compare with God. /No one can be compared with God.

/Verses 6-8. /In sacrifice and offering you have not delighted, but you have given me an open ear. Burnt offering and sin offering you have not required. Then I said, “Behold, I have come; in the scroll of the book it is written of me: I delight to do your will, O my God; your law is within my heart.”

/God does not delight in sacrifice or offering. /Does God delight in us if we offer a lot to him? / “God, please accept this. / “I am offering this from my heart.”

/A son may buy his parents delicious food. /He may buy them a nice car. /He also may buy them a nice house. /However, the child does not love his parents. /He does not respect them.

/If the parents know about this, will they be delighted? /Did they ask for these nice things? /Do they want their sons /sacrifice /and possessions? /Isaiah 29:13 says, / “People draw near with their mouth and honor me with their lips, /while their hearts are far from me.”

/God! Here I am. /I am reading your word. /But what good is it if we do not act in the word? /What use is it if we do not obey? /We need to be believers who love God. /We will be able to obey his will when we love him.

/Verses 9-12. /I have told the glad news of deliverance in the great congregation; behold, I have not restrained my lips, as you know, O LORD. I have not hidden your deliverance within my heart; I have spoken of your faithfulness and your salvation; I have not concealed your steadfast love and your faithfulness from the great congregation. As for you, O LORD, you will not restrain your mercy from me; your steadfast love and your faithfulness will ever preserve me! For evils have encompassed me beyond number; my iniquities have overtaken me, and I cannot see; they are more than the hairs of my head; my heart fails me.

/Verse 9 says, “I have told the glad news of deliverance in the great congregation.” /The writer is preaching the word of God. /Jeremiah 20:9 talks about this. /I will not mention the word of God.

/After thinking this way, my heart was burning, and I could not endure it. /We need to proclaim the word of God. /We need to preach about God. /Verse 10 says, “I have not hidden your deliverance with my heart.”

/I must proclaim God’s faithfulness and his salvation. /I have not concealed his steadfast love or your truth. /What is God’s faithfulness? /God fulfills his words. /Everything happens as God says it will happen.

/Verse 11 says, “As for you, O LORD, you will not restrain your mercy from me; your steadfast love and your faithfulness will ever preserve me!” /In verse 12, evils have encompassed me. /Iniquities have overtaken me. /My sins are more than the hairs on my head.

/We cannot help but despair when we see our sins. /We are corrupt people. /As our faith grows, we come to realize our dirtiness. /We start to discover our uncleanness. /Verse 13 says, “Be pleased, O LORD, to deliver me! /O LORD, make haste to help me!”

/Verses 13-17. /Be pleased, O LORD, to deliver me! O LORD, make haste to help me! Let those be put to shame and disappointed altogether who seek to snatch away my life; let those be turned back and brought to dishonor who delight in my hurt! Let those be

appalled because of their shame who say to me, “Aha, Aha!” But may all who seek you rejoice and be glad in you; may those who love your salvation say continually, “Great is the LORD!” As for me, I am poor and needy, but the Lord takes thought for me. You are my help and my deliverer; do not delay, O my God!

/God must deliver me. /Please make haste to help me. /There are those who seek after my life. /The wicked slander me. /Wicked people rejoice when believers fall down. /They are glad when they see believers who live in faith fail.

/Verse 16 says that God gives joy to those who seek him. / “May those who love your salvation say continually, “Great is the LORD.””

/In verse 17, I am poor and needy. /I am poor because of God. /I long for God. /I cannot live without him. /We are people who live by receiving God’s grace. / “I am full.” / “I am enough.” /These thoughts are prideful thoughts. /We must always be poor in spirit.

/We will continue with Psalm 41. /God raises me up in the midst of my sickness.

/Verses 1-3. Let us read. /Blessed is the one who considers the poor! In the day of trouble the LORD delivers him; the LORD protects him and keeps him alive; he is called blessed in the land; you do not give him up to the will of his enemies. The LORD sustains him on his sickbed; in his illness you restore him to full health.

/Verse 1 says, “Blessed is the one who considers the poor!” /The believer is helping someone who is suffering. /Matthew 25:34 talks about this. /The sheep will stand on the right side! /You will be blessed with the things I have prepared for you. /You helped me when I was in need. /God will deliver them on the day of disaster.

/Verse 2 says that /God protects him and keeps him alive. /God gives him life. /Thirdly, God blesses him in this world. /God blesses him in the land.

/Verse 2 continues, “You do not give him up to the will of his enemies.” /We must sympathize with our poor neighbors. /Verse 3 says, “The LORD sustains him on his sickbed.” /He will rise up from the place of sickness and stand up.

/Are there sick believers in our surroundings? /We must sympathize with them. /Who comes and sympathizes with me when I am sick? /We have God. /We have our brothers in faith. /We too must show compassion for our sick brothers.

/Verses 4-10. /As for me, I said, “O LORD, be gracious to me; heal me, for I have sinned against you!” My enemies say of me in malice, “When will he die, and his name perish?” And when one comes to see me, he utters empty words, while his heart gathers iniquity; when he goes out, he tells it abroad. All who hate me whisper together about me; they imagine the worst for me. They say, “A deadly thing is poured out on him; he will not rise again from where he lies.” Even my close friend in whom I trusted, who ate my

bread, has lifted his heel against me. But you, O LORD, be gracious to me, and raise me up, that I may repay them!

/God, heal me from my sickness. /I am lying down because I am ill. /I am in great pain. /This is happening because I have sinned against you. /In verse 5, my enemies are saying things to me.

/ “When will he die, and his name perish?” /They come to comfort me, but their hearts want me dead. /Get better soon. /Get well and rise up. /They say these things, but they do not mean it.

/In verse 7, all who hate me whisper together about me. /The prophecy in verse 9 was fulfilled in Jesus.

/There were those who were eating at the table with Jesus. /They were Jesus’s disciples. /My friend lifted my heel. /Judas Iscariot, who was dining with Jesus, betrayed Jesus. /Verse 10 says that I will be able to rise /if God is gracious to me.

/Verses 11-13. /By this I know that you delight in me: my enemy will not shout in triumph over me. But you have upheld me because of my integrity, and set me in your presence forever. Blessed be the LORD, the God of Israel, from everlasting to everlasting! Amen and Amen.

/If God delights in me, I can stand up. /My enemies will no longer be able to harm me. /If God holds onto me, I can become healthy again.

/Why does God punish his believers? /Why is my body sick? /Most of the time, it is because of our sins. /There are sicknesses that God gives us. /Let us take Job as an example. /God allowed Job to be sick.

/Paul also said that he has a thorn in his flesh. /Most of the time, however, we are sick because of our sins. /We must confess the words in verse 4. / “Heal me, /for I have sinned against you.” /These words are appropriate for us.

/We will continue with Psalm 42. /The book of Psalms is made up of five books. /We have finished the first book, and we will continue with the second book. /Psalm 42 says that our hearts must be like the deer. /My spirit is like the deer.

/Verses 1-3. Let us read. /As a deer pants for flowing streams, so pants my soul for you, O God. My soul thirsts for God, for the living God. When shall I come and appear before God? My tears have been my food day and night, while they say to me all the day long, “Where is your God?”

/Psalm 42’s superscript reads, “A Maskil of the Sons of Korah.” /A “maskil” is a poem that teaches a lesson. / “As a deer pants for flowing streams, so pants my soul for you, O God.” /In the Palestinian region, there are periods of dryness.

/During these times, it becomes difficult for people or animals to find water. /The deer cannot endure it when it becomes thirsty. /It wanders around searching for water. /If the deer smells water from a far off distance, /it runs towards the water.

/I pant for the LORD like the deer pants. /Do we long for God in this way? /Do you long for God as a deer pants for flowing streams?

/Is God an option, something we can live with but also something we can live without? /Are we pleased when God helps us, but are we okay with living without God's help? /If we have this mindset, we do not have true faith.

/How much are we longing for God? /Children rely on their mothers. /They believe they will die without their mothers. /Do we fear that we will die if we do not have God? /In verse 2, my soul thirsts for God.

/My soul thirsts for the living God. /I long for the grace of God, saying, / "When will I be able to see your face?"

/In verse 3, people say things to me. /They say, "Where is your God?" / "Have you seen God?" / "Have you heard him talk?" /My tears become my food day and night. /I am in despair. /I am miserable and frustrated.

/Verses 4-8. /These things I remember, as I pour out my soul: how I would go with the throng and lead them in procession to the house of God with glad shouts and songs of praise, a multitude keeping festival. Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God. My soul is cast down within me; therefore I remember you from the land of Jordan and of Hermon, from Mount Mizar. Deep calls to deep at the roar of your waterfalls; all your breakers and your waves have gone over me. By day the LORD commands his steadfast love, and at night his song is with me, a prayer to the God of my life.

/I remember the time when I received grace. /I worshiped God with other believers. /At the time, I received the grace God gave to me. /I always went to God's church and worshiped him.

/I pour out my soul because I remember the things of the past. /Right now, my heart is cast down. /Verse 5 says, "Why are you cast down, O my soul?" /Why are you in turmoil within me? /You must look to God. /You must look to God's face. /You must defeat despair.

/In verse 6, I have gone to Hermon and the land of Jordan. /I also climbed Mount Mizar, where I remember God. /Where is this place? /It is a place of prayer. /It is a place where I receive grace. /It is a place where my soul is revived.

/It is at this time that God's love finds me. /God's grace has been restored to me. /God has once again shown his love to me. /The love of God is with the believer.

/Verse 7 says, "Deep calls to deep at the roar of your waterfalls; all your breakers and your waves have gone over me." /Here, "the roar of your waterfalls" and "your waves" symbolize /great hardship that God has allowed. /Even at these times, the Psalmist acts in faith. /The Psalmist overcomes every hardship and praises God.

/Verses 9-11. /I say to God, my rock: "Why have you forgotten me? Why do I go mourning because of the oppression of the enemy?" As with a deadly wound in my bones, my adversaries taunt me, while they say to me all the day long, "Where is your God?" Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.

/My enemies say to me, "Where is your God? / "Have you seen God?" / "Have you heard the voice of God?" / "Do you have evidence that God is helping you?" /The Psalmist is deeply distressed.

/This is when God, who is my rock, helps me. /Sometimes, it feels like God has forgotten me. / "Why do I go mourning because of the oppression of the enemy?" /I do not have the strength to endure any longer.

/In verse 10, my enemies' taunts feel like a deadly wound in my bones." /The wicked mock me all the day long.

/Now, in verse 11, you will look to the LORD. /You will look to God's salvation. /We are waiting for God's salvation. /We must trust in the Lord and overcome hardship. /And we will sing praises to God.

/This concludes our 9th lecture on the book of Psalms. /Thank you.