

WRITE IT DOWN!

The Heavy Hand of the Lord

Summer Psalms, Book 1

Psalm 39

September 2, 2007

LISTEN UP!

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I. Where He's At . . .

- _____ in his circumstances (39:2)
- _____ with life (39:6, 11)
- _____ from God (39:12)

II. What He Does About It . . .

1. He guards _____ before the wicked. (39:1)
2. He honestly _____ to the Lord. (39:4 -13)
3. He recognizes _____ before the Lord:
 - Transient (39:4-6)
 - Transgressing (39:8)
 - Tried (39:9-11)
4. He fixes _____ on the Lord and waits. (39:7)
5. He cries out _____ to the Lord. (39:8-13)

III. How It Ends . . .

IV. Why It's Here . . .

1. It reminds us _____
2. It reminds us _____
3. It reminds us _____
4. It reminds us _____
5. It reminds us _____

THINK IT OVER!

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1. Read Psalm 39. What's going on here? Describe the spiritual and emotional state of the Psalmist?
2. What's going on in v. 1-3? Why is the Psalmist guarding himself and in the presence of whom? Does his silence work? So what does he do?
3. What's happening in v. 4-6? What does the Psalmist recognize about himself and all humanity? What are the images used to describe this state?
4. What are the 5 identifiable ways that the Psalmist deals with his spiritual state? Does it fix it in the end?
5. Why is verse 7 so significant in Psalm 39?
6. How does this Psalm end? Why is it unsatisfying? What does it show us?

WORK IT OUT!

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1. What did you like about this text and message? What moved you? What challenged you?
2. What is Psalm 39 in the Bible? What is its purpose? What does it teach us? (How many of those 5 reminders can you think of without looking?)
3. Which of the 5 reminders is most relevant and useful for you?
4. Describe the most difficult season of your spiritual life. Where are you at right now? Describe today's season?
5. Who is one person who you know might be in a sorrowful season that you might reach out to and encourage? Who is one person you might reach out to when you yourself are in a sorrowful season?