

Songs of David: *A Petition for Forgiveness*

Psalm 38

The Title (v. 0)

- Penitential Psalm: Confessions of sin, often accompanied by prayers for healing
- “A Psalm”: Meant to be sung
- “of David”: Likely written by David
- “For the Memorial”: Possibly used in a congregational setting to be prayed before the memorial offering

The Physical Effects of Sin (v. 1-10)

- David begins by asking for God’s wrath to be tempered by His loving discipline
 - This feels like an assault (v. 2)
- As we wrestle with the weight of sin, it can feel like we are being crushed
 - It can make us feel even physically ill
- Even when we cannot name it, God knows this inner struggle (v. 9)
- The purpose of these feelings is not to keep us crushed, but to lead us to repentance

Relational Turmoil (v. 11-20)

- David turns to how sin affects our relationships
- Friendships can become strained
- We begin to see enemies all around
 - Sin takes a mental toll on us
- Unrepentant sin can also be used as a weapon by those who seek our ruin
 - It destroys our reputation
 - It undermines our witness
- The solution is confession & repentance
 - Confession: Telling God & others the truth about our sinfulness
 - Repentance: Turning away from the sinful thinking & behavior and embracing godly attitudes & actions

Plea for Deliverance (v. 21-22)

- David ends by praying for God:
 - To not abandon him
 - To help him
 - To save him
- Only God can deal with our sins

So What?

- Do we understand the effects that sin has on our physical, mental, emotional, spiritual, & relational health?
- Do we confess our sins to God & one another? When we do, are we turning away from sin to embrace righteousness?
- Do we seek the Lord to deal with our sins?

Meditation Verse: *Psalm 38:21-22*