

Affliction, Frailty, & Hope

Psalm 39

Pastor Mike Maslin

July 6, 2025

Notes on the Psalm:



1. God gives us space to share even our ugliest feelings.
2. Being reminded of our frailty is good for us.
3. When we rightly size ourselves, we can rightly size God.

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Discussion Guide & Questions from Psalm 39

1. In verses 1-2, the Psalmist was careful about who he shared his feelings with. Have you ever felt the need to restrain your words? What “guidance for godliness” can we glean about restraining our words as the Psalmist did?
2. Describe the feeling of “my heart growing hot within me?” (verse 3). Can you relate with this experience?
3. God gives space for us to share even our ugliest feelings with Him. Why do you think God is willing for us to share even “ugly” feelings with Him?
4. How can realizing the shortness of our human life aid a faithful walk with God?
5. How does this consideration inform our view of wealth and material riches?
6. The Psalmist believed the affliction was given to him by God, as a consequence for discipline. Can you share about a time when you experienced this? What did you see God accomplish in you through it?
7. As seen in verse 9, what does it mean for David to acknowledge God's hand even in his suffering? How can this perspective be both comforting and challenging?
8. The honesty seen in verse 13 can feel confounding! But what does it reveal about a healthy prayer life?



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