

The Burdened Man

Jesus in the Psalms

Psalm 38

Stuart W. Bryan

I. Penitential Psalms (cf. Pss. 6, 32, 38, 51, 102, 130, 143)

II. The Burdened Man

A. A Roar for Mercy (1-8)

1. Roar (1 cf. 8b; Rom 8:26-27)

“The word is used for the roaring of a lion, or for the sound of thunder or soldiers; but it also is used for people from whom the pain or grief they experience wrings forth an uncontrolled roaring sound that is incoherent” (Ross, 830).

2. Lamentation of Sinfulness and Sickness (2-8)

B. A Sigh of Faith (9-14)

1. Coram Deo (9)

2. Lamentation of Weakness and Loneliness (10-14)

C. A Plea of Hope (15-20)

1. Confidence (15)

2. Reasons for Hope (16-20)

D. A Cry for Help (21-22)

III. Application

A. Sometimes troubles come because of your sin. (cf. Jn 5:14; 1 Cor 11:29-32)

Not all suffering is the result of our personal sin. However, this doesn't mean that *no* suffering is the result of our personal sin. That idea is as radically unbiblical as the idea that *all* suffering is the result of our personal sin. *Both extremes are unbiblical.* The Scriptures maintain that *some* suffering is the result of our personal sin and that *some* suffering *is not*.

Jesus warned a paralytic, “*See, you have been made well. Sin no more, lest a worse thing come upon you*” (Jn 5:14). Similarly, Paul reminds the Corinthians that “*he who eats and drinks [the Lord’s Supper] in an unworthy manner eats and drinks judgment to himself, not discerning the Lord’s body. For this reason many are weak and sick among you, and many sleep. For if we would judge ourselves, we would not be judged. But when we are judged, we are chastened by the Lord, that we may not be condemned with the world*” (1 Cor 11:29-32). The Lord chastens us because He is a Loving Father and would drive us away from the sin that would destroy us. Ask:

- “*Have I sinned or gotten off the track of obedience to what I know I should be doing, and is this setback God’s way of getting me back on track and into fellowship with him?*”
- “*Is God using this to trim off some rough edges of my personality and develop a more Christ-like character in me?*”
- “*Is God using my suffering as a stage upon which his name and wisdom may be glorified? Is it a place for me to show that I love him for who he is, entirely apart from whatever material and physical benefits he may have given me?*”

B. When they do, don't lose hope, God is your salvation.

Verse 15 is the key verse in this psalm: *But in You, O Lord, I hope; You will hear, O Lord my God.* Even though he is suffering for his own sin, he remains hopeful. Why? Because *God is his salvation* (22b). Why does he have hope?

- 16 – Because God despises the _____ of the wicked.
- 17 – Because God delights to _____ the helpless.
- 18 – Because God _____ those who humbly confess their sin.
- 19-20 – Because God despises those who misuse their strength to _____ rather than to assist the weak.

C. Therefore, cry out to God for mercy.

IV. Conclusion (cf. Heb 5:7-9)

So let the wicked forsake his way, and the unrighteous man his thoughts; let him return to the Lord, and he will have mercy on him; and to our God for he will abundantly pardon (Is 55:7).