

Sunday Message: March 13, 2022

Red Hot to Hope in God | Read Psalm 39:1-13 | Brian Abbott

Passage Exploration Questions

The primary translation our pastors use on Sunday morning is the ESV. You may find it helpful to use the ESV along with corresponding notes in the ESV Study Bible when reflecting on the questions below.

Read Psalm 39:1-13

1 Reflect on Psalm 39:1-3. What internal issue is the psalmist (presumably David) wrestling with? In other words, what is happening in the psalmist's heart as he thinks through his situation? Why is watching the tongue so important for a believer? (See Proverbs 15; Luke 6:45; James 1:26-27; 3:1-11.)

2 Reflect on Psalm 39:4-11. Why does the psalmist jump from self-reflection to talking with God? Why is reflection on the shortness of life a fitting way to put his situation in perspective? How does this lead to God and a humble heart? How is this evident in vv. 7-11?

3 Reflect on Psalm 39:12-13. What is the psalmist trying to say through this closing prayer?

Application & Spiritual Formation Questions

1

How can you relate (or not) to the process that the psalmist goes through when moving from red hot anger to a humble posture before the Lord? Do you have any personal work to do on controlling your tongue?

2

How does this passage model a healthy process for you to work through as you work through sin and struggles? Do you tend to go deeper into self-reflection, talk to others, or talk to God when you reach your internal boiling point when processing your struggles?

3

What do we learn about God and our relationship with Him through this passage? Or to state it differently, what does this passage reveal about our human condition / our fallenness and God's divine nature and purpose for humanity? How does this passage reflect the gospel story?