



## HOW TO PRAY THROUGH PAIN

### Psalm 38

March 5, 2023  
Pastor Trevor Cooper

As we continue to study the genre of Songs of Lament, we see intensity rise in Psalm 38. Also, in these songs that surround chapter 38, we see questions, worrying, frustrations and lament but we also see a God who answers and cares for His people. We see David's perspective is that his painful plight is due, at least in part, to his personal sin.

#### Psalm 38:1-22

*A Psalm of David, for the memorial offering.*

*"O Lord, rebuke me not in your anger, nor discipline me in your wrath! **2** For your arrows have sunk into me, and your hand has come down on me. **3** There is no soundness in my flesh because of your indignation; there is no health in my bones because of my sin. **4** For my iniquities have gone over my head; like a heavy burden, they are too heavy for me. **5** My wounds stink and fester because of my foolishness, **6** I am utterly bowed down and prostrate; all the day I go about mourning. **7** For my sides are filled with burning, and there is no soundness in my flesh. **8** I am feeble and crushed; I groan because of the tumult of my heart. **9** O Lord, all my longing is before you; my sighing is not hidden from you. **10** My heart throbs; my strength fails me, and the light of my eyes—it also has gone from me. **11** My friends and companions stand aloof from my plague, and my nearest kin stand far off. **12** Those who seek my life lay their snares; those who seek my hurt speak of ruin and meditate treachery all day long. **13** But I am like a deaf man; I do not hear, like a mute man who does not open his mouth. **14** I have become like a man who does not hear, and in whose mouth are no rebukes. **15** But for you, O Lord, do I wait; it is you, O Lord my God, who will answer. **16** For I said, "Only let them not rejoice over me, who boast against me when my foot slips!" **17** For I am ready to fall, and my pain is ever before me. **18** I confess my iniquity; I am sorry for my sin. **19** But my foes are vigorous, they are mighty, and many are those who hate me wrongfully. **20** Those who render me evil for good accuse me because I follow after good. **21** Do not forsake me, O Lord! O my God, be not far from me! **22** Make haste to help me, O Lord, my salvation!"*

#### 1. Dealing With Enemies from WITHIN. (v 3-10)

- If you do not acknowledge SIN, you will not value GRACE.
- David's SIN had serious effects on his HEALTH.

## 2. Dealing With Enemies from WITHOUT. (v 11-20)

“He was oppressed, and he was afflicted, yet he opened not his mouth; like a lamb that is led to the slaughter, and like a sheep that before its shearers is silent, so he opened not his mouth.” **Isaiah 53:7**

“For he has not despised or abhorred the affliction of the afflicted, and he has not hidden his face from him, but has heard, when he cried to him.” **Psalm 22:24**

- God does NOT forsake the SUFFERER.

*Summarize the ending of the psalm:*

### A. CONFESS Sin to GOD (v. 16-18)

- We pray for HEALING with an HONEST heart.

### B. CONSIDER The Enemy's INTENT (v. 19-20)

- We pray for PEACE with a HUMBLE heart.

### C. CONFIDE in The Lord's INTERVENTION (v. 21-22)

- We pray for DELIVERANCE with a TRUST heart.

### Salvation through Jesus Christ

*The single most important decision a person could ever make in their lifetime is to receive Jesus Christ as your Savior and Lord. The Bible says, "all have sinned and fall short of God's glory" and we don't deserve eternal life because the wages of sin is death". Yet through God's love, only "Christ gives us eternal life by grace through faith"... it is a gift of God. God's word says, "that if you confess with your mouth that Jesus is LORD and believe in your heart God raised Him from the dead YOU WILL BE SAVED". **The Bible says to REPENT of your sins, BELIEVE in Jesus by receiving His forgiveness.** Then, **identify with Christ through BAPTISM** and begin living a new life in fellowship with God.*