

Sermon Outline

Sigh of the Infirm

Psalm 38

Introduction: *The Mute Christian Under the Smarting Rod*

The gift of suffering?

Psalm 38: A penitential Psalm or a lamenting prayer?

I. Exposition of Psalm 38

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

vss. 1-4: physical suffering as discipline

Rev 3:19, Heb 12:6, Ps 119:71, Job 5:6-7, 17-19

vss. 5-20: narrative of suffering

physical affliction (5-8, 10, 17)

humility and silence (9, 13-15, 18)

ensuant relational consequences

abandonment of friends (11)

enemies taking advantage (12, 19-20)

vss. 21-22: final plea for deliverance

II. Application

Do not ignore the connection between your suffering and personal sin (1 Jn 1:9, Jn 9:2-3, 5:14, Ja 5:14-16).

Embrace suffering as God's gift.

Do not be among the accusers; minister to the weak, with grace.

Wait on the Lord; be patient.

God hears the prayers of sinners.

III. The Gospel according to Psalm 38