

Sermon Notes for Reflection and Discussion - Psalm 38

Jamie Brown - June 28, 2026 - Truro Church

1 – Read

Read Psalm 38 aloud.

Do Not Forsake Me, O Lord

A Psalm of David, for the memorial offering.

38 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!

2 – Consider

Sin and Isolation - The sermon notes that verses 11 and 12 describe how David's sin caused his friends and companions to 'stand aloof' and his enemies to 'lay their snares.' Based on the text, how does the act of covering up sin isolate us from the very people who could support us?

Conviction vs. Shame - Jamie Brown suggests that 'conviction isn't shame; conviction is God's kindness.' How can we distinguish between the destructive weight of worldly shame and the constructive, albeit painful, arrows of God's conviction? Why is it dangerous to become 'desensitized' to that conviction?

Covering Up - The sermon challenges us to stop 'lawyering up' or painting ourselves as the victim when our sin is exposed. Think of a recent situation where you felt defensive about a mistake. If you were to apply the posture of David in verses 13–14—where he acts like a 'deaf and mute' man rather than arguing his case—how might that have changed the outcome or your own spiritual state?

The Theology of Repentance - Martin Luther said, 'God cannot make anything out of someone who is not yet reduced to nothing.' How does this concept of being 'reduced to nothing' change your perspective on confession? Does this view encourage you to be more honest with God, or does it feel intimidating?

The Good News of Salvation - The sermon concludes by connecting David's plea ('O Lord, my salvation!') to the finished work of Jesus on the cross. How does knowing that Jesus already absorbed the 'arrows of God' and the 'wrath of God' change your motivation for repentance?

3 – Reflection

Which of these questions resonates most with the struggles or growth areas you are currently experiencing in your walk of faith?

4 – Prayer

O God, your never-failing providence sets in order all things both in heaven and on earth: Put away from us all hurtful things, and give us those things that are profitable for us; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Steve Cannizzaro