

Discussion & Reflection Questions

- 1) In v. 1, the psalmist anticipates being in the presence of “the wicked.” They may have been outright enemies, or they may have been acquaintances or even family members who tended to engage in ungodly things. In your own life, who are “the wicked” in whose presence you sometimes find yourself?
- 2) In vv. 1-3, the psalmist resolves to be silent in the presence of such persons, but he has a hard time regulating his feelings and eventually speaks.
 - a) Have you been in a similar situation where you resolved to be silent? If so, how did it go?
 - b) If you ended up breaking your silence, what was “the last straw” that drove you to speak?
 - c) What was the result of your speaking?
- 3) Jamie noted that the psalmist begins to unravel and loses his footing. What raw feelings does he express to God in verses 4-6?
- 4) In vv. 8-11 and 13, the psalmist assumes that his pain is the result of God’s disciplining him.
 - a) Is this your default assumption when you experience adversity?
 - b) How might such an assumption be helpful in your Christian walk?
 - c) How might such an assumption be unhelpful in your Christian walk?
- 5) In Luke 24:44, the risen Lord Jesus appeared to his disciples and said, “These are my words that I spoke to you while I was still with you, that everything written about me in the Law of Moses and the Prophets and the Psalms must be fulfilled.” In what ways do you think Jesus fulfills Psalm 39? (Jamie mentioned some of these in the sermon.)
- 6) The heart of this Psalm 39 is verse 7. Re-read it, then read 2 Corinthians 4:16-18, which Jamie recommended as a companion text. Next, spend some time in prayer using these prompts:
 - a) Share with the Lord your raw feelings about your pain or weariness.
 - b) Ask the Lord what he may be teaching you through the pain or weariness.
 - c) Pause for a few minutes to listen for what the Holy Spirit may be saying to you.
 - d) Close your prayer by expressing your confidence in the Lord. It may be as simple as “My hope is in you.”
 - e) *Optional:* If you sensed that the Holy Spirit spoke to you during your prayer time, share what you heard with a trusted friend, Community Group member, or clergy.