

Sermon Seeds from the Psalms

by

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Psalms Thirty to Thirty-Nine

PSALM THIRTY

1. I will extol thee, O Lord; for thou hast lifted me up, and hast not made my foes to rejoice over me.
2. O Lord my God, I cried unto thee, and thou hast healed me.
3. O Lord, thou hast brought up my soul from the grave: thou hast kept me alive, that I should not go down to the pit.
4. Sing unto the Lord, O ye saints of his, and give thanks at the remembrance of his holiness.
5. For his anger endureth but a moment; in his favour is life: weeping may endure for a night, but joy cometh in the morning.
6. And in my prosperity I said, I shall never be moved.
7. Lord, by thy favour thou hast made my mountain to stand strong: thou didst hide thy face, and I was troubled.
8. I cried to thee, O Lord; and unto the Lord I made supplication.
9. What profit is there in my blood, when I go down to the pit? Shall the dust praise thee? shall it declare thy truth?
10. Hear, O Lord, and have mercy upon me: Lord, be thou my helper.
11. Thou hast turned for me my mourning into dancing: thou hast put off my sackcloth, and girded me with gladness;
12. To the end that my glory may sing praise to thee, and not be silent. O Lord my God, I will give thanks unto thee for ever.

Unbelief has no songs and no symphonies.

Carnality and unholiness do not create oratorios or hymns.

When Robert Ingersol died, the printed notice of his funeral read, "There will be no singing." Singing belongs to "pure religion," and "true holiness."

These stately, dignified, and triumphant songs of the Holy Bible were born of GOD, inspired by the Spirit, and inbreathed into holy men. In the first verse of Psalm thirty there is an interesting play upon words. **"I will extol thee, O Lord; for thou hast lifted me up."**

The word extol means to lift up. "I will lift thee up, O Lord, because thou hast lifted me up." "I

will extol thee, O Lord, because thou hast extolled me." The poet is thus lifting up the lifter up. By hearts and hands, and by lip and life, the psalmist lifts up the lifter up. This is as it should be. If we extol CHRIST, He will lift us up. If we lift Him up, He will extol us. The action is mutually beneficial and blessed.

PSALM THIRTY-ONE

- 1. In thee, O Lord, do I put my trust; let me never be ashamed: deliver me in thy righteousness.**
- 2. Bow down thine ear to me; deliver me speedily: be thou my strong rock, for an house of defence to save me.**
- 3. For thou art my rock and my fortress; therefore for thy name's sake lead me, and guide me.**
- 4. Pull me out of the net that they have laid privily for me: for thou art my strength.**
- 5. Into thine hand I commit my spirit: thou hast redeemed me, O Lord God of truth.**
- 6. I have hated them that regard lying vanities: but I trust in the Lord.**
- 7. I will be glad and rejoice in thy mercy: for thou hast considered my trouble; thou hast known my soul in adversities;**
- 8. And hast not shut me up into the hand of the enemy: thou hast set my feet in a large room.**
- 9. Have mercy upon me, O Lord, for I am in trouble: mine eye is consumed with grief, yea, my soul and my belly.**
- 10. For my life is spent with grief, and my years with sighing: my strength faileth because of mine iniquity, and my bones are consumed.**
- 11. I was a reproach among all mine enemies, but especially among my neighbours, and a fear to mine acquaintance: they that did see me without fled from me.**
- 12. I am forgotten as a dead man out of mind: I am like a broken vessel.**
- 13. For I have heard the slander of many: fear was on every side: while they took counsel together against me, they devised to take away my life.**
- 14. But I trusted in thee, O Lord: I said, Thou art my God.**
- 15. My times are in thy hand: deliver me from the hand of mine enemies, and from them that persecute me.**
- 16. Make thy face to shine upon thy servant: save me for thy mercies' sake.**
- 17. Let me not be ashamed, O Lord; for I have called upon thee: let the wicked be ashamed, and let them be silent in the grave.**
- 18. Let the lying lips be put to silence; which speak grievous things proudly and contemptuously against the righteous.**
- 19. Oh how great is thy goodness, which thou hast laid up for them that fear thee; which thou hast wrought for them that trust in thee before the sons of men!**
- 20. Thou shalt hide them in the secret of thy presence from the pride of man: thou shalt keep them secretly in a pavilion from the strife of tongues.**
- 21. Blessed be the Lord: for he hath shewed me his marvellous kindness in a strong city.**
- 22. For I said in my haste, I am cut off from before thine eyes: nevertheless thou heardest the voice of my supplications when I cried unto thee.**
- 23. O love the Lord, all ye his saints: for the Lord preserveth the faithful, and plentifully rewardeth the proud doer.**
- 24. Be of good courage, and he shall strengthen your heart, all ye that hope in the Lord.**

It is impossible to understand this Hymn without thinking of David's greater Son.

The deep distress of David pictures also the sufferings and sorrows of CHRIST. "**Into thine hand I commit my spirit. . . mine eye is consumed with grief.**"

As the sin bearer, CHRIST took upon Himself all our sin and shame. Our iniquity was laid upon Him.

- He sighed that we might sing.
- He groaned that we might glory.
- He suffered that we might shout.
- He died that we might dance and live.
- He endured in order that we might enjoy.
- He descended into hell in order that we might ascend to heaven.
- He cried and bled and died in order that we might be cleansed, delivered, and blessed.

In ancient times, a celebrated artist made a most wonderful shield, and worked his own name into it so that it could not be removed without destroying the shield. It is just so with the Bible and CHRIST.

Queen Mary was so much attached to her beautiful Calais, that when, in the exigencies of war, she lost it, she affirmed in her grief, that the name would be found written on her heart. The precious name of CHRIST will be found on every Christian's heart.

PSALM THIRTY-TWO

- 1. Blessed is he whose transgression is forgiven, whose sin is covered.**
- 2. Blessed is the man unto whom the Lord imputeth not iniquity, and in whose spirit there is no guile.**
- 3. When I kept silence, my bones waxed old through my roaring all the day long.**
- 4. For day and night thy hand was heavy upon me: my moisture is turned into the drought of summer. Selah.**
- 5. I acknowledged my sin unto thee, and mine iniquity have I not hid. I said, I will confess my transgressions unto the Lord; and thou forgavest the iniquity of my sin. Selah.**
- 6. For this shall every one that is godly pray unto thee in a time when thou mayest be found: surely in the floods of great waters they shall not come nigh unto him.**
- 7. Thou art my hiding place; thou shalt preserve me from trouble; thou shalt compass me about with songs of deliverance. Selah.**
- 8. I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with mine eye.**
- 9. Be ye not as the horse, or as the mule, which have no understanding: whose mouth must be held in with bit and bridle, lest they come near unto thee.**
- 10. Many sorrows shall be to the wicked: but he that trusteth in the Lord, mercy shall compass him about.**
- 11. Be glad in the Lord, and rejoice, ye righteous: and shout for joy, all ye that are upright in heart.**

This hymn begins with "blessed," and ends with "Be glad." It presents five sound reasons for being glad:

- (1) Transgression forgiven. **"Blessed is he whose transgression is forgiven."**
- (2) Sin covered. **"Blessed is he whose sin is covered."**
- (3) Iniquity cleansed. **"Blessed is the man unto whom the LORD imputeth not iniquity, and in whose spirit there is no guile."**
- (4) Preservation from trouble. **"Thou art my hiding place; thou shalt preserve me from trouble."**
- (5) Divine guidance. **"I will instruct thee. . . . I will guide thee with mine eye."**

Bible religion is a happy religion.

Salvation is likened unto a wedding feast and not to a funeral dirge. Holiness is the only happiness and hence the psalmist concludes, **"Be glad... ye righteous,"** and **"Shout for joy, all ye that are upright in heart."**

He who, from zone to zone,
Guides through the boundless sky thy certain flight,
In the long way that I must tread alone
Will lead my steps aright.

- W. C. Bryant

Mr. Renwick, the last of the Scottish martyrs, speaking of his sufferings for conscience' sake, says, "enemies think themselves satisfied that we are put to wander in mosses and upon mountains; but, even amidst the storms of these last two nights, I cannot express what sweet times I have had when I had no covering but the dark curtains of night; yea, in the silent watch, my mind was led out to admire the deep and inexpressible ocean of joy wherein the whole family of heaven swim. Each star led me to wonder what He must be who is the star of Jacob, of whom all stars borrow their shining."

PSALM THIRTY-THREE

- 1. Rejoice in the Lord, O ye righteous: for praise is comely for the upright.**
- 2. Praise the Lord with harp: sing unto him with the psaltery and an instrument of ten strings.**
- 3. Sing unto him a new song; play skilfully with a loud noise.**
- 4. For the word of the Lord is right; and all his works are done in truth.**
- 5. He loveth righteousness and judgment: the earth is full of the goodness of the Lord.**
- 6. By the word of the Lord were the heavens made; and all the host of them by the breath of his mouth.**
- 7. He gathereth the waters of the sea together as an heap: he layeth up the depth in storehouses.**
- 8. Let all the earth fear the Lord: let all the inhabitants of the world stand in awe of him.**
- 9. For he spake, and it was done; he commanded, and it stood fast.**

10. **The Lord bringeth the counsel of the heathen to nought: he maketh the devices of the people of none effect.**
11. **The counsel of the Lord standeth for ever, the thoughts of his heart to all generations.**
12. **Blessed is the nation whose God is the Lord; and the people whom he hath chosen for his own inheritance.**
13. **The Lord looketh from heaven; he beholdeth all the sons of men.**
14. **From the place of his habitation he looketh upon all the inhabitants of the earth.**
15. **He fashioneth their hearts alike; he considereth all their works.**
16. **There is no king saved by the multitude of an host: a mighty man is not delivered by much strength.**
17. **An horse is a vain thing for safety: neither shall he deliver any by his great strength.**
18. **Behold, the eye of the Lord is upon them that fear him, upon them that hope in his mercy;**
19. **To deliver their soul from death, and to keep them alive in famine.**
20. **Our soul waiteth for the Lord: he is our help and our shield.**
21. **For our heart shall rejoice in him, because we have trusted in his holy name.**
22. **Let thy mercy, O Lord, be upon us, according as we hope in thee.**

The triumphant nations went wild with joy at the defeat of Germany. The noise of drums, horns, and other things was deafening. The sights were indescribable. It was V day. Psalm 33 sends out a clarion call to go wild with joy, the joy of GOD. "**Rejoice,**" "**Praise,**" is proper. "**Sing,**" and "**play skilfully with a loud noise.**" There are many good grounds presented by the poet for such praise.

- (1) "**The Word of the LORD.**"
- (2) "**The goodness of the LORD.**"
- (3) The "**works**" of the Lord.
- (4) "**The counsel of the Lord.**"
- (5) "**The eye of the LORD is upon them that fear him, upon them that hope in his mercy.**"

Little Annie had for some time been very sad; but one day she was seen to appear very happy. Her eyes sparkled with joy; and she seemed as though she could hardly bear the pleasure she felt, it was so great.

"Annie, why are you so cheerful?" - "Oh!" she said, "it is because I am so happy!" - "But why are you so happy?" - "Oh! I was wicked, and GOD was angry with me: but now he has forgiven me; and that is why I am so happy."

PSALM THIRTY-FOUR

1. **I will bless the Lord at all times: his praise shall continually be in my mouth.**
2. **My soul shall make her boast in the Lord: the humble shall hear thereof, and be glad.**
3. **O magnify the Lord with me, and let us exalt his name together.**
4. **I sought the Lord, and he heard me, and delivered me from all my fears.**
5. **They looked unto him, and were lightened: and their faces were not ashamed.**
6. **This poor man cried, and the Lord heard him, and saved him out of all his troubles.**
7. **The angel of the Lord encampeth round about them that fear him, and delivereth them.**

8. **O taste and see that the Lord is good: blessed is the man that trusteth in him.**
9. **O fear the Lord, ye his saints: for there is no want to them that fear him.**
10. **The young lions do lack, and suffer hunger: but they that seek the Lord shall not want any good thing.**
11. **Come, ye children, hearken unto me: I will teach you the fear of the Lord.**
12. **What man is he that desireth life, and loveth many days, that he may see good?**
13. **Keep thy tongue from evil, and thy lips from speaking guile.**
14. **Depart from evil, and do good; seek peace, and pursue it.**
15. **The eyes of the Lord are upon the righteous, and his ears are open unto their cry.**
16. **The face of the Lord is against them that do evil, to cut off the remembrance of them from the earth.**
17. **The righteous cry, and the Lord heareth, and delivereth them out of all their troubles.**
18. **The Lord is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit.**
19. **Many are the afflictions of the righteous: but the Lord delivereth him out of them all.**
20. **He keepeth all his bones: not one of them is broken.**
21. **Evil shall slay the wicked: and they that hate the righteous shall be desolate.**
22. **The Lord redeemeth the soul of his servants: and none of them that trust in him shall be desolate.**

A Song of the Saviour

Multiplied thousands of saints in all ages have used the words of this harmonious and wholesome song in order to express the satisfaction of their souls for the great salvation of GOD. **"I will bless the LORD at all times," "My soul shall make her boast in the LORD," "O magnify the LORD with me, and let us exalt his name," "This poor man cried and the LORD heard him," "The angel of the LORD encampeth," "O taste and see that the LORD is good."**

This psalm is filled with solace for the suffering, tested, and tried children of GOD. It is crammed with assurances that a good and gracious GOD answers when we call. **"The Lord heareth," "The Lord delivereth."**

CHRIST is seen in verse 20, **"He keepeth all his bones: not one of them is broken."** If this was the only promise given to believers it would fill some of the sweetest saints with disconsolate fears for they have been in hospitals for years with broken bones.

There is also unveiled in this hymn the secret of a long, happy and useful life:

- (1) **"Keep thy tongue from evil,"**
- (2) **"Keep... thy lips from speaking guile,"**
- (3) **"Depart from evil,"**
- (4) **"Do good,"**
- (5) **"Seek peace,"**
- (6) **"Pursue it" (verses 12-14).**

PSALM THIRTY-FIVE

1. Plead my cause, O Lord, with them that strive with me: fight against them that fight against me.
2. Take hold of shield and buckler, and stand up for mine help.
3. Draw out also the spear, and stop the way against them that persecute me: say unto my soul, I am thy salvation.
4. Let them be confounded and put to shame that seek after my soul: let them be turned back and brought to confusion that devise my hurt.
5. Let them be as chaff before the wind: and let the angel of the Lord chase them.
6. Let their way be dark and slippery: and let the angel of the Lord persecute them.
7. For without cause have they hid for me their net in a pit, which without cause they have digged for my soul.
8. Let destruction come upon him at unawares; and let his net that he hath hid catch himself: into that very destruction let him fall.
9. And my soul shall be joyful in the Lord: it shall rejoice in his salvation.
10. All my bones shall say, Lord, who is like unto thee, which deliverest the poor from him that is too strong for him, yea, the poor and the needy from him that spoileth him?
11. False witnesses did rise up; they laid to my charge things that I knew not.
12. They rewarded me evil for good to the spoiling of my soul.
13. But as for me, when they were sick, my clothing was sackcloth: I humbled my soul with fasting; and my prayer returned into mine own bosom.
14. I behaved myself as though he had been my friend or brother: I bowed down heavily, as one that mourneth for his mother.
15. But in mine adversity they rejoiced, and gathered themselves together: yea, the abjects gathered themselves together against me, and I knew it not; they did tear me, and ceased not:
16. With hypocritical mockers in feasts, they gnashed upon me with their teeth.
17. Lord, how long wilt thou look on? rescue my soul from their destructions, my darling from the lions.
18. I will give thee thanks in the great congregation: I will praise thee among much people.
19. Let not them that are mine enemies wrongfully rejoice over me: neither let them wink with the eye that hate me without a cause.
20. For they speak not peace: but they devise deceitful matters against them that are quiet in the land.
21. Yea, they opened their mouth wide against me, and said, Aha, aha, our eye hath seen it.
22. This thou hast seen, O Lord: keep not silence: O Lord, be not far from me.
23. Stir up thyself, and awake to my judgment, even unto my cause, my God and my Lord.
24. Judge me, O Lord my God, according to thy righteousness; and let them not rejoice over me.
25. Let them not say in their hearts, Ah, so would we have it: let them not say, We have swallowed him up.
26. Let them be ashamed and brought to confusion together that rejoice at mine hurt: let them be clothed with shame and dishonour that magnify themselves against me.
27. Let them shout for joy, and be glad, that favour my righteous cause: yea, let them say continually, Let the Lord be magnified, which hath pleasure in the prosperity of his servant.
28. And my tongue shall speak of thy righteousness and of thy praise all the day long.

A greater than either David or Solomon is here. In this sublimely grand and delightful Song, CHRIST is seen as the "darling" of GOD. **"Lord, how long wilt thou look on? rescue my soul. . . . my darling from the lions."**

The imprecatory passages in this entrancing hymn may be understood and appreciated only in the light of coming days. The wrath of GOD shall be poured out upon all enemies of CHRIST and Israel. **"Let them be confounded,"** will then be perfectly fulfilled. **"Let them be turned back. . . let them be as chaff. . . let their way be dark . . . let destruction come. . . and my soul shall be joyful,"** are all inspired prayers to be prayed, heard, and fully answered in coming days.

Only in the light of coming events, which even now are casting their shadows before, can such utterances be expounded and understood. All CHRIST rejecters, Bible haters, and holiness fighters who **"wink with the eye,"** who **"devise deceitful matters,"** and who sneeringly repeat their "Aha, aha's," shall then be given according to their deeds and diabolisms. All the abominable "Aha's" and "Ah's" and wicked "winkings," shall become woes beyond words to describe.

PSALM THIRTY-SIX

- 1. The transgression of the wicked saith within my heart, that there is no fear of God before his eyes.**
- 2. For he flattereth himself in his own eyes, until his iniquity be found to be hateful.**
- 3. The words of his mouth are iniquity and deceit: he hath left off to be wise, and to do good.**
- 4. He deviseth mischief upon his bed; he setteth himself in a way that is not good; he abhorreth not evil.**
- 5. Thy mercy, O Lord, is in the heavens; and thy faithfulness reacheth unto the clouds.**
- 6. Thy righteousness is like the great mountains; thy judgments are a great deep: O Lord, thou preservest man and beast.**
- 7. How excellent is thy lovingkindness, O God! therefore the children of men put their trust under the shadow of thy wings.**
- 8. They shall be abundantly satisfied with the fatness of thy house; and thou shalt make them drink of the river of thy pleasures.**
- 9. For with thee is the fountain of life: in thy light shall we see light.**
- 10. O continue thy lovingkindness unto them that know thee; and thy righteousness to the upright in heart.**
- 11. Let not the foot of pride come against me, and let not the hand of the wicked remove me.**
- 12. There are the workers of iniquity fallen: they are cast down, and shall not be able to rise.**

There are two principle topics in this helpful, suggestive, and inspiring hymn.

- (1) The miserable state of the wicked.
- (2) The grandeur and greatness of GOD.

1. The miserable state of the wicked. "There is no fear of GOD before his eyes." "He flattereth himself in his own eyes." "The words of his mouth are iniquity and deceit." "He hath left off to be wise, and to do good." "He deviseth mischief upon his bed." "He abhorreth not evil." "They are cast down, and shall not be able to rise."

2. The grandeur and greatness of GOD. "Thy mercy, O Lord, is in the heavens." "Thy faithfulness reacheth unto the clouds." "Thy righteousness is like the great mountains." "Thy judgments are a great deep." "Thou preservest man and beast." "How excellent is thy lovingkindness, O God." "With thee is the fountain of life."

During the war, President Lincoln was so besieged with applicants on various errands that he could not give audience to all, and men of influence could not see him when they wished. Many went away from the White House disappointed, unable to see the President. But there was a loved son of the President, little "Tad," who came and went when he pleased. Such is the privilege of the sons of GOD.

PSALM THIRTY-SEVEN

1. Fret not thyself because of evildoers, neither be thou envious against the workers of iniquity.
2. For they shall soon be cut down like the grass, and wither as the green herb.
3. Trust in the Lord, and do good; so shalt thou dwell in the land, and verily thou shalt be fed.
4. Delight thyself also in the Lord: and he shall give thee the desires of thine heart.
5. Commit thy way unto the Lord; trust also in him; and he shall bring it to pass.
6. And he shall bring forth thy righteousness as the light, and thy judgment as the noonday.
7. Rest in the Lord, and wait patiently for him: fret not thyself because of him who prospereth in his way, because of the man who bringeth wicked devices to pass.
8. Cease from anger, and forsake wrath: fret not thyself in any wise to do evil.
9. For evildoers shall be cut off: but those that wait upon the Lord, they shall inherit the earth.
10. For yet a little while, and the wicked shall not be: yea, thou shalt diligently consider his place, and it shall not be.
11. But the meek shall inherit the earth; and shall delight themselves in the abundance of peace.
12. The wicked plotteth against the just, and gnasheth upon him with his teeth.
13. The Lord shall laugh at him: for he seeth that his day is coming.
14. The wicked have drawn out the sword, and have bent their bow, to cast down the poor and needy, and to slay such as be of upright conversation.
15. Their sword shall enter into their own heart, and their bows shall be broken.
16. A little that a righteous man hath is better than the riches of many wicked.
17. For the arms of the wicked shall be broken: but the Lord upholdeth the righteous.
18. The Lord knoweth the days of the upright: and their inheritance shall be for ever.
19. They shall not be ashamed in the evil time: and in the days of famine they shall be satisfied.
20. But the wicked shall perish, and the enemies of the Lord shall be as the fat of lambs:

they shall consume; into smoke shall they consume away.

21. The wicked borroweth, and payeth not again: but the righteous sheweth mercy, and giveth.

22. For such as be blessed of him shall inherit the earth; and they that be cursed of him shall be cut off.

23. The steps of a good man are ordered by the Lord: and he delighteth in his way.

24. Though he fall, he shall not be utterly cast down: for the Lord upholdeth him with his hand.

25. I have been young, and now am old; yet have I not seen the righteous forsaken, nor his seed begging bread.

26. He is ever merciful, and lendeth; and his seed is blessed.

27. Depart from evil, and do good; and dwell for evermore.

28. For the Lord loveth judgment, and forsaketh not his saints; they are preserved for ever: but the seed of the wicked shall be cut off.

29. The righteous shall inherit the land, and dwell therein for ever.

30. The mouth of the righteous speaketh wisdom, and his tongue talketh of judgment.

31. The law of his God is in his heart; none of his steps shall slide.

32. The wicked watcheth the righteous, and seeketh to slay him.

33. The Lord will not leave him in his hand, nor condemn him when he is judged.

34. Wait on the Lord, and keep his way, and he shall exalt thee to inherit the land: when the wicked are cut off, thou shalt see it.

35. I have seen the wicked in great power, and spreading himself like a green bay tree.

36. Yet he passed away, and, lo, he was not: yea, I sought him, but he could not be found.

37. Mark the perfect man, and behold the upright: for the end of that man is peace.

38. But the transgressors shall be destroyed together: the end of the wicked shall be cut off.

39. But the salvation of the righteous is of the Lord: he is their strength in the time of trouble.

40. And the Lord shall help them, and deliver them: he shall deliver them from the wicked, and save them, because they trust in him.

This keen and penetrating Song is bulging with suggestions for sermons and profitable meditations. It opens by setting forth seven steps to sanctification and success (verses 1-11). These seven steps to the skies are:

- (1) Fret not,
- (2) Trust,
- (3) Do good,
- (4) Delight thyself in the Lord,
- (5) Commit thy way unto the Lord,
- (6) Rest in the Lord,
- (7) Wait on the Lord.

The key verse is "**Mark the perfect man behold the upright. . . . the end of that man is peace.**" Perfection of heart and uprightness in life terminate in peace. Such a man's steps are "**ordered by the LORD**" (verse 20), and "**None of his steps shall slide**" (verse 31). In "**the evil time**" (verse 19) they shall not be ashamed and in "**the days of famine**" they shall be supplied and satisfied (verse 19). His mouth speaks wisdom (verse 30), and "**In the time of trouble**"

GOD shall be his strength and support (verse 39).

"CHRIST is the pattern, the sample, the exemplary cause, of our sanctification. Holiness in us is the copy or transcript of the holiness that is in the Lord JESUS. As the wax hath line for line from the seal; the child limb for limb, feature for feature, from the Father: so is holiness in us from CHRIST."

- P. Henry

PSALM THIRTY-EIGHT

1. O Lord, rebuke me not in thy wrath: neither chasten me in thy hot displeasure.
2. For thine arrows stick fast in me, and thy hand presseth me sore.
3. There is no soundness in my flesh because of thine anger; neither is there any rest in my bones because of my sin.
4. For mine iniquities are gone over mine head: as an heavy burden they are too heavy for me.
5. My wounds stink and are corrupt because of my foolishness.
6. I am troubled; I am bowed down greatly; I go mourning all the day long.
7. For my loins are filled with a loathsome disease: and there is no soundness in my flesh.
8. I am feeble and sore broken: I have roared by reason of the disquietness of my heart.
9. Lord, all my desire is before thee; and my groaning is not hid from thee.
10. My heart panteth, my strength faileth me: as for the light of mine eyes, it also is gone from me.
11. My lovers and my friends stand aloof from my sore; and my kinsmen stand afar off.
12. They also that seek after my life lay snares for me: and they that seek my hurt speak mischievous things, and imagine deceits all the day long.
13. But I, as a deaf man, heard not; and I was as a dumb man that openeth not his mouth.
14. Thus I was as a man that heareth not, and in whose mouth are no reproofs.
15. For in thee, O Lord, do I hope: thou wilt hear, O Lord my God.
16. For I said, Hear me, lest otherwise they should rejoice over me: when my foot slippeth, they magnify themselves against me.
17. For I am ready to halt, and my sorrow is continually before me.
18. For I will declare mine iniquity; I will be sorry for my sin.
19. But mine enemies are lively, and they are strong: and they that hate me wrongfully are multiplied.
20. They also that render evil for good are mine adversaries; because I follow the thing that good is.
21. Forsake me not, O Lord: O my God, be not far from me.
22. Make haste to help me, O Lord my salvation.

This is one of many Penitential Psalms.

There are six expressions which set forth deep sorrow and heartfelt penitence:

- (1) "I am troubled."
- (2) "I am bowed down."

- (3) **"I go mourning all the day."**
- (4) **"I am feeble."**
- (5) **"I am ready to halt."**
- (6) **"My sorrow is continually before me."**

Sick in body, disquieted in mind and burdened in heart, the psalmist found himself almost at a standstill. With his loins filled with a burning, frying, roasting, scorching sickness and with pains, sores, and ulcers racking his mortal frame, together with a tempest raging in his mind, the poet was bowed down and ready to halt. Looking off and away from himself and his feelings, he triumphed, however, through the mercy and grace of GOD.

The turning point in his life was reached when he said, **"I will be sorry for my sin,"** and **"I will declare mine iniquities."**

Unconfessed and unforsaken sin cannot be forgiven or cleansed. Should GOD forgive unconfessed sin, He would be encouraging wrongdoing. Were GOD to forgive and cover unforsaken sin, He would become a partner in the continued wrongdoing. All sin must be confessed and forsaken before it can be either forgiven or cleansed.

PSALM THIRTY-NINE

- 1. I said, I will take heed to my ways, that I sin not with my tongue: I will keep my mouth with a bridle, while the wicked is before me.**
- 2. I was dumb with silence, I held my peace, even from good; and my sorrow was stirred.**
- 3. My heart was hot within me, while I was musing the fire burned: then spake I with my tongue,**
- 4. Lord, make me to know mine end, and the measure of my days, what it is: that I may know how frail I am.**
- 5. Behold, thou hast made my days as an handbreadth; and mine age is as nothing before thee: verily every man at his best state is altogether vanity. Selah.**
- 6. Surely every man walketh in a vain shew: surely they are disquieted in vain: he heapeth up riches, and knoweth not who shall gather them.**
- 7. And now, Lord, what wait I for? my hope is in thee.**
- 8. Deliver me from all my transgressions: make me not the reproach of the foolish.**
- 9. I was dumb, I opened not my mouth; because thou didst it.**
- 10. Remove thy stroke away from me: I am consumed by the blow of thine hand.**
- 11. When thou with rebukes dost correct man for iniquity, thou makest his beauty to consume away like a moth: surely every man is vanity. Selah.**
- 12. Hear my prayer, O Lord, and give ear unto my cry; hold not thy peace at my tears: for I am a stranger with thee, and a sojourner, as all my fathers were.**
- 13. O spare me, that I may recover strength, before I go hence, and be no more.**

The Vanity and Brevity of Life.

There are four main thoughts in this plain, transparent, and simple Song:

- (1) The frailty of the flesh (verses 1-4), **"how frail I am."**

- (2) The brevity of life (verses 5-6) "**an hand-breadth. . . . vanity.**"
- (3) The need of CHRIST (vss.7-8) "**my hope is in thee.**"
- (4) The cry for help, "**deliver me remove thy stroke away from me... O spare me.**"

The key word is vanity. One of the most difficult lessons for the natural man to learn in the school of life is the one which is succinctly set forth in verse 5, "**Verily every man at his best estate is altogether vanity.**"

- (1) "**Every man.**"
- (2) "**At his best.**"
- (3) "**Altogether vanity.**"

Only a few believe it. The brevity of life is admitted, but the vanity of it is held with varying degrees of reservation.

A young clergyman boasted among his relations of having been educated at two colleges, Harvard and Cambridge. An aged divine being present, said, "You remind me of an instance I knew, of a calf that sucked two cows." - "What was that?" said a third person. "Why, sir, the consequence was, that he was a very great calf."

Pope Adrian VI had this inscription on his monument. "Here lies Adrian VI who was never so unhappy in any period of his life as at that in which he was a prince."

~ end of chapter 4 ~

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