

Psalm 38:1-22 **Prayer for Help – Weight of Sin is Overwhelming**

Prayer in Time of Chastening

A Psalm of David. To bring to remembrance.

¹ O Yahweh (LORD), do not rebuke me in Your wrath, Nor chasten me in Your hot displeasure!

² For Your arrows pierce me deeply, And Your hand presses me down.

³ *There is* no soundness in my flesh Because of Your anger, Nor *any* 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 are foul *and* festering 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 full of inflammation, And *there is* no soundness in my flesh.

⁸ I am feeble and severely broken; I groan because of the turmoil of my heart.

⁹ Yahweh (Lord), all my desire *is* before You; And my sighing is not hidden from You.

¹⁰ My heart pants, my strength fails me; As for the light of my eyes, it also has gone from me.

¹¹ My loved ones and my friends stand aloof from my plague, And my relatives stand afar off.

¹² Those also who seek my life lay snares *for me*; Those who seek my hurt speak of destruction, And plan deception all the day long.

¹³ But I, like a deaf *man*, do not hear; And *I am* like a mute *who* does not open his mouth.

¹⁴ Thus I am like a man who does not hear, And in whose mouth *is* no response.

¹⁵ For in You, O Yahweh (LORD), I hope; You will hear, O Adonay Elohay (Lord my God).

¹⁶ For I said, "*Hear me*, lest they rejoice over me, Lest, when my foot slips, they exalt *themselves* against me."

¹⁷ For I *am* ready to fall, And my sorrow *is* continually before me.

¹⁸ For I will declare my iniquity; I will be in anguish over my sin.

¹⁹ But my enemies *are* vigorous, *and* they are strong; And those who hate me wrongfully have multiplied.

²⁰ Those also who render evil for good, They are my adversaries, because I follow *what is* good.

²¹ Do not forsake me, O Yahweh (LORD); O Elohay (my God), be not far from me!

²² Make haste to help me, O Adonay (Lord), my salvation!

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Facts Revealed:

- ☆ O Yahweh (LORD), do not rebuke me in Your wrath, Nor chasten me in Your hot displeasure!
For Your arrows pierce me deeply, And Your hand presses me down.
There is no soundness in my flesh Because of Your anger, Nor *any* health in my bones Because of my sin.
For my iniquities have gone over my head; Like a heavy burden they are too heavy for me.
My wounds are foul *and* festering Because of my foolishness.
I am troubled, I am bowed down greatly; I go mourning all the day long.
For my loins are full of inflammation, And *there is* no soundness in my flesh.
I am feeble and severely broken; I groan because of the turmoil of my heart.
Yahweh (Lord), all my desire *is* before You; And my sighing is not hidden from You. [Psalm 38:1-9]
- ◇ David's guilt causes him to appeal to Yahweh to not rebuke him or chasten him in anger.
- ◇ David described the turmoil in his heart as he feels guilt ridden because of his sins and iniquities which have gone over his head like a heavy burden.
- ◇ Even his flesh is suffering because of his guilt and the chastening of Yahweh.
- ◇ David acknowledged that Yahweh sees and knows all about his anguish and all his desire with nothing hidden from His notice.
- ☆ My heart pants, my strength fails me; As for the light of my eyes, it also has gone from me.
My loved ones and my friends stand aloof from my plague, And my relatives stand afar off.
Those also who seek my life lay snares *for me*; Those who seek my hurt speak of destruction, And plan deception all the day long. [Psalm 38:10-12]
- ◇ David's anguish extends to the reaction of his loved ones, friends and relatives.
- ◇ It also provides opportunity for his enemies as stated by Nathan.
So David said to Nathan, "I have sinned against the LORD."
And Nathan said to David, "The LORD also has put away your sin; you shall not die. However, **because by this deed you have given great occasion to the enemies of the LORD to blaspheme**, the child also *who is* born to you shall surely die." [2 Samuel 12:13-14]
- ☆ But I, like a deaf *man*, do not hear; And *I am* like a mute *who* does not open his mouth.
Thus I am like a man who does not hear, And in whose mouth *is* no response.
For in You, O Yahweh (LORD), I hope; You will hear, O Adonay Elohay (Lord my God).
For I said, "*Hear me*, lest they rejoice over me, Lest, when my foot slips, they exalt *themselves* against me."
For I *am* ready to fall, And my sorrow *is* continually before me.
For I will declare my iniquity; I will be in anguish over my sin.
But my enemies *are* vigorous, *and* they are strong; And those who hate me wrongfully have multiplied.
Those also who render evil for good, They are my adversaries, because I follow *what is* good. [Psalm 38:13-20]

- ✧ With a guilty conscience eating away at him, David felt like he could not respond to accusations from his enemies.
- ✧ His only hope is in Yahweh's forgiveness and mercy and concern that Adonay Elohay will hear his prayer lest his enemies rejoice over him and exalt themselves when he slips.
- ✧ David's guilt and sorrow are continually on his mind, he will confess his iniquity and be in anguish over his sins.
- ✧ David's enemies are vigorous and strong, those who hate him are growing in number.
- ✧ His adversaries return evil for good as they perceive weakness in the one known to be a man after God's own heart. [[1 Samuel 13:14](#), [Acts 13:22](#)]
- ✧ **Do not forsake me, O Yahweh (LORD); O Elohay (my God), be not far from me! Make haste to help me, O Adonay (Lord), my salvation!** [[Psalm 38:21-22](#)]
- ✧ David besought Yahweh to not forsake him or stand far off.
- ✧ David asked for help as he expressed trust in Adonay his Savior.