

FLEETING AND FALLEN, BUT NOT FORSAKEN

Psalm 39:1-13 // July 5, 2026 AM

Let the disorientation of hurt reorient you to hope.

I. In your *fleetingness*, hope in God (vv. 1-7).

II. In your *fallenness*, hope in God (vv. 7-13).

QUESTIONS FOR FAMILY WORSHIP

1. Why do humans desire to control death? What do all of their attempts to do so lead to?
2. Why was David struggling with anger, and what did he resolve to do with his lips in the presence of his enemies? What does this teach us about our own hearts and lips?
3. Though David was mute toward his enemies, who did he vent his heart to?
4. What lesson was David wanting to learn in his suffering? Why should we seek to learn the same?
5. Why was David suffering? What is the relationship between our sufferings and sin?
6. What is hope? Where do we see it in this psalm? How can we have hope in light of our fleetingness and fallenness?
7. How was this prayer ultimately our Lord's? How does it show us the innerworkings of His heart in the events leading up to His death?

QUESTIONS FOR PRIVATE REFLECTION

1. Why is a muzzle sometimes necessary for my own lips? Can I think of a recent time when I should have been mute but instead spoke rashly in anger?
2. When I'm suffering, do I tend to distract myself with amusements or to devote myself to musing? Why is amusement so alluring in the midst of hurt and pain?
3. Is the disorientation of hurt orienting me to hope in God through Christ? Or is my tendency to give way to despondency and despair?