

Penitential Lament Turning

Psalms of David · Book I · The Seven Penitential Psalms

"A Psalm by David, for a memorial."

IN ONE SENTENCE



nder the weight of sin and sickness, David confesses and waits on the LORD, asking him not to forsake him.

Remember it: Thirty-eight: a heavy burden, but I wait in hope for my God.

MEMORY VERSE

For I hope in you, Yahweh. You will answer,
Lord my God.

Psalm 38:15 · World English Bible

HEBREW WORD

הוֹחֵלְתִּי

"hope, wait" · verse 15

In the Psalms: nineteen times, in 11 psalms

הוֹחֵלְתִּי means "I hope" or "I wait." The verb describes patient, expectant waiting, holding on until help comes. The same word appears in Psalm 130:5, "in his word I hope." David's body is failing, but his hope is still pointed at the LORD.

HOW THE PSALM MOVES

- 1–8** David feels God's hand heavy on him for his sin.
- 9–14** Friends stand far off, enemies plot, and David stays silent.
- 15–22** He hopes in the LORD, confesses, and cries for help.

MY NOTES



Listen. Hear Psalm 38 sung in the **Psalm Song** app, or free at ispress.de/psalms/38.

Cantillated. Sung: chanted back and forth between a leader and the people.

Crying Out in Distress

Forgiveness & Repentance

Waiting on God

FILL IN THE BLANKS

Under the weight of sin and _____, David confesses and _____ on the LORD, asking him not to _____ him.

CHECK YOURSELF

1. What does David say his iniquities are like?

☐ (A) A heavy burden

☐ (C) A sharp sword

☐ (B) A flowing river

☐ (D) A dark cloud

2. How do David's friends respond to his plague?

☐ (A) They nurse him

☐ (C) They pray for him

☐ (B) They stand aloof

☐ (D) They bring a doctor

3. How does David act toward those who speak against him?

☐ (A) He argues with them

☐ (C) Like a deaf and mute man

☐ (B) He curses them

☐ (D) He runs away

TALK IT OVER

1. How does David describe the effects of sin on his body and relationships?

2. Why does David still hope in the LORD while feeling his discipline?

3. How can we stay near friends who are suffering instead of standing far away?

IN YOUR OWN WORDS: WHAT DOES PSALM 38 TEACH?

☐ I listened to the song

☐ I can say verse 15 by heart

☐ I can say what it teaches

☐ I know the picture word

Answers: Blanks: sickness · waits · forsake · Check yourself: 1. A (v. 4) · 2. B (v. 11) · 3. C (vv. 13-14)