

**SERMON:**

# **Psalm 38**

**Sin, Sorrow, and a Savior**

**How Psalm 38 Points Us to Christmas**

## **PSALM 38**

*<sup>1</sup> O LORD, rebuke me not in your anger, nor discipline me in your wrath! <sup>2</sup> For your arrows have sunk into me, and your hand has come down on me. <sup>3</sup> There is no soundness in my flesh because of your indignation; there is no health in my bones because of my sin. <sup>4</sup> For my iniquities have gone over my head; like a heavy burden, they are too heavy for me. <sup>5</sup> My wounds stink and fester because of my foolishness, <sup>6</sup> I am utterly bowed down and prostrate; all the day I go about mourning.*

## **PSALM 38**

*<sup>7</sup> For my sides are filled with burning, and there is no soundness in my flesh. <sup>8</sup> I am feeble and crushed; I groan because of the tumult of my heart. <sup>9</sup> O Lord, all my longing is before you; my sighing is not hidden from you. <sup>10</sup> My heart throbs; my strength fails me, and the light of my eyes---it also has gone from me. <sup>11</sup> My friends and companions stand aloof from my plague, and my nearest kin stand far off. <sup>12</sup> Those who seek my life lay their snares; those who seek my hurt speak of ruin and meditate treachery all day long.*

## **PSALM 38**

*<sup>13</sup> But I am like a deaf man; I do not hear, like a mute man who does not open his mouth. <sup>14</sup> I have become like a man who does not hear, and in whose mouth are no rebukes. <sup>15</sup> But for you, O LORD, do I wait; it is you, O Lord my God, who will answer. <sup>16</sup> For I said, "Only let them not rejoice over me, who boast against me when my foot slips!" <sup>17</sup> For I am ready to fall, and my pain is ever before me. <sup>18</sup> I confess my iniquity; I am sorry for my sin.*

## **PSALM 38**

*<sup>19</sup> But my foes are vigorous, they are mighty, and many are those who hate me wrongfully. <sup>20</sup> Those who render me evil for good accuse me because I follow after good. <sup>21</sup> Do not forsake me, O LORD! O my God, be not far from me! <sup>22</sup> Make haste to help me, O Lord, my salvation!*

**Proposition:** Our world has been broken by sin and we constantly feel that. So we need to be honest about the effects of sin in our world, we need to repent of our sin, and we need to hope in a Savior who came to bear our sorrows.

A. The reality of sin causes real sorrow

B. The reality of sin calls for real repentance

C. The reality of sin can be defeated by a real hope

D. The reality of sin is the impetus of the Incarnation

*(The reality of sin is the impetus for Christmas)*

**THE REALITY OF SIN CAUSES REAL SORROW**

Mourning over the effects of sin

**THE REALITY OF SIN CAUSES REAL SORROW**

## PSALM 38:2-8

David is utterly crushed by sin and its effects

<sup>2</sup> *For your arrows have sunk into me, and your hand has come down on me.* <sup>3</sup> *There is no soundness in my flesh because of your indignation; there is no health in my bones because of my sin.* <sup>4</sup> *For my iniquities have gone over my head; like a heavy burden, they are too heavy for me.* <sup>5</sup> *My wounds stink and fester because of my foolishness,* <sup>6</sup> *I am utterly bowed down and prostrate; all the day I go about mourning.* <sup>7</sup> *For my sides are filled with burning, and there is no soundness in my flesh.* <sup>8</sup> *I am feeble and crushed; I groan because of the tumult of my heart.*

# **THE REALITY OF SIN CAUSES REAL SORROW**

1. David is crushed by the weight of sin

David's desires have been crushed by sin

He feels hopeless in the face of sin

## PSALM 38:9-10

<sup>9</sup> O Lord, all my longing is before you; my sighing is not hidden from you. <sup>10</sup> My heart throbs; my strength fails me, and the light of my eyes--- it also has gone from me.

## **THE REALITY OF SIN CAUSES REAL SORROW**

1. David is crushed by the weight of sin
2. David mourns over desires dashed by sin

## PSALM 38:11-12

David's relationships have been broken by sin

<sup>11</sup> *My friends and companions stand aloof from my plague, and my nearest kin stand far off.* <sup>12</sup> *Those who seek my life lay their snares; those who seek my hurt speak of ruin and meditate treachery all day long.*

## **THE REALITY OF SIN CAUSES REAL SORROW**

1. David is crushed by the weight of sin
2. David mourns over desires dashed by sin
3. David mourns over relationships broken by sin

# PSALM 38:13

David's so broken he can't mourn anymore

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

## **THE REALITY OF SIN CAUSES REAL SORROW**

1. David is crushed by the weight of sin
2. David mourns over desires dashed by sin
3. David mourns over relationships broken by sin
4. David has mourned so deeply he's left cold and unfeeling

Psalm 38 is honest about the brokenness that sin brings

- Dashed dreams
- Broken relationships
- Broken spirits

 **What sin does**

KIDS' QUESTION:

**WHAT DOES SIN DO IN OUR WORLD?**

Sin destroys good  
and brings brokenness.

**THE REALITY OF SIN CALLS FOR REAL  
REPENTANCE**

Recognizing our own sin

# **THE REALITY OF SIN CALLS FOR REAL REPENTANCE**

1. David recognizes his own sin

## PSALM 38:2-8

David is utterly crushed by sin and its effects

David recognizes his sin contributed to this

*<sup>2</sup> For your arrows have sunk into me, and your hand has come down on me. <sup>3</sup> There is no soundness in my flesh because of your indignation; there is no health in my bones because of **my** **sin**. <sup>4</sup> For **my** iniquities have gone over my head; like a heavy burden, they are too heavy for me. <sup>5</sup> My wounds stink and fester because of my foolishness, <sup>6</sup> I am utterly bowed down and prostrate; all the day I go about mourning. <sup>7</sup> For my sides are filled with burning, and there is no soundness in my flesh. <sup>8</sup> I am feeble and crushed; I groan because of the tumult of my heart.*

# **THE REALITY OF SIN CALLS FOR REAL REPENTANCE**

1. David recognizes his own sin
2. David confesses and repents of his sin

When David recognizes sin, he confesses his sin

## PSALM 38:16-18

<sup>16</sup> For I said, "Only let them not rejoice over me, who boast against me when my foot slips!" <sup>17</sup> For I am ready to fall, and my pain is ever before me. <sup>18</sup> I confess my iniquity; I am sorry for my sin.

# **THE REALITY OF SIN CALLS FOR REAL REPENTANCE**

1. David recognizes his own sin
2. David confesses and repents of his sin
3. David pleads with God to turn away His wrath

David pleads with God for forgiveness

## PSALM 38:1

*<sup>1</sup> O LORD, rebuke me not in your anger, nor discipline me in your wrath!*

# **THE REALITY OF SIN CALLS FOR REAL REPENTANCE**

1. David recognizes his own sin
2. David confesses and repents of his sin
3. David pleads with God to turn away His wrath

Psalm 38 tells us what to do when we are broken by sin

- Recognize our sin in the situation
- Confess and repent of our sin
- Plead with God for healing



How to  
fight sin

KIDS' QUESTION:

**WHAT SHOULD WE DO  
WHEN WE ARE HURT BY SIN?**

We need to admit our own sin,  
confess it, and repent of it.

**THE REALITY OF SIN CAN BE DEFEATED BY A  
REAL HOPE**

The One who can defeat sin

# **THE REALITY OF SIN CAN BE DEFEATED BY A REAL HOPE**

- 1. David's hope is in a God who hears and cares**

David hopes in God because he knows God cares

## PSALM 38:15-16

<sup>15</sup> *But for you, O LORD, do I wait; it is you, O Lord my God, who will answer.*

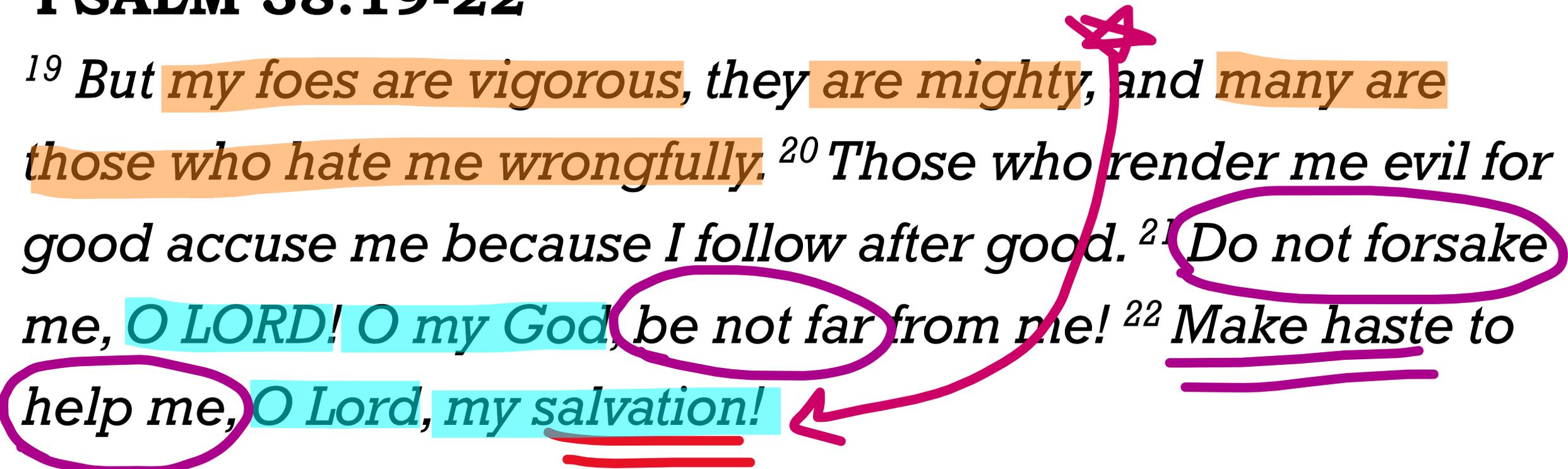
# **THE REALITY OF SIN CAN BE DEFEATED BY A REAL HOPE**

- 1. David's hope is in a God who hears and cares**
- 2. David's hope is in a God who can fix the unfixable**

David hopes in God because he knows God wins

## PSALM 38:19-22

*<sup>19</sup> But my foes are vigorous, they are mighty, and many are those who hate me wrongfully. <sup>20</sup> Those who render me evil for good accuse me because I follow after good. <sup>21</sup> Do not forsake me, O LORD! O my God, be not far from me! <sup>22</sup> Make haste to help me, O Lord, my salvation!*



## **THE REALITY OF SIN CAN BE DEFEATED BY A REAL HOPE**

1. David's hope is in a God who hears and cares
2. David's hope is in a God who can fix the unfixable

Psalm 38 tells us who can fix the brokenness of sin

- God cares about our brokenness
- God can heal our brokenness

**In the end, though, David could only hope**

KIDS' QUESTION:

**WHAT SHOULD WE DO  
WHEN WE ARE HURT BY SIN?**

We need to hope in our God  
who cares and heals.

**THE REALITY OF SIN IS THE IMPETUS OF THE  
INCARNATION**

Psalm 38 and Christmas

# **THE REALITY OF SIN IS THE IMPETUS OF THE INCARNATION**

1. **Jesus came to understand our sorrows**

## ISAIAH 53:2-3

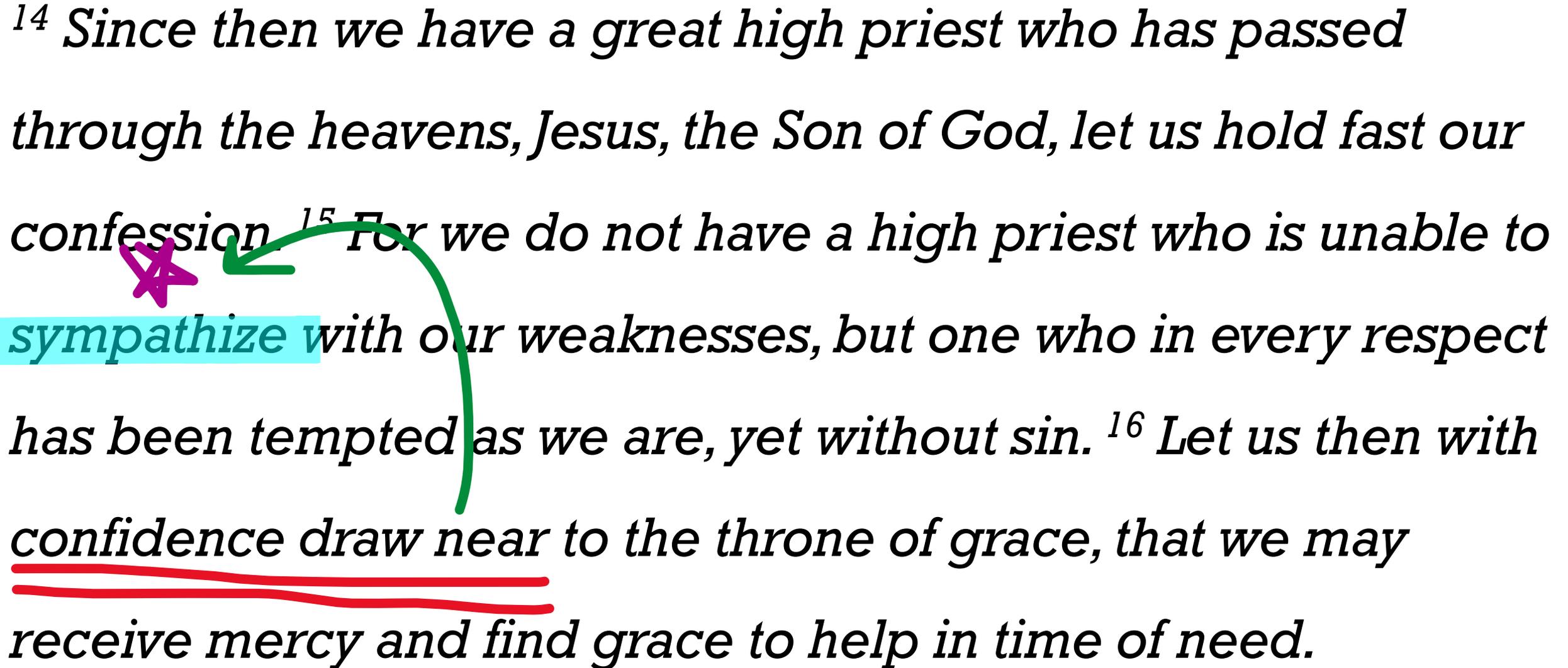
<sup>2</sup> For he grew up before him like a young plant, and like a root out of dry ground; he had no form or majesty that we should look at him, and no beauty that we should desire him. <sup>3</sup> He was despised and rejected by men; a man of sorrows, and acquainted with grief; and as one from whom men hide their faces he was despised, and we esteemed him not.

## HEBREWS 2:10-11

<sup>10</sup> For it was fitting that he, for whom and by whom all things exist, in bringing many sons to glory, should make the founder of their salvation **perfect through suffering**. <sup>11</sup> For he who sanctifies and those who are sanctified all have one source. That is why he is not ashamed to **call them brothers**, <sup>12</sup> saying, "I will tell of your name to my brothers; in the midst of the congregation I will sing your praise."

## HEBREWS 4:14-16

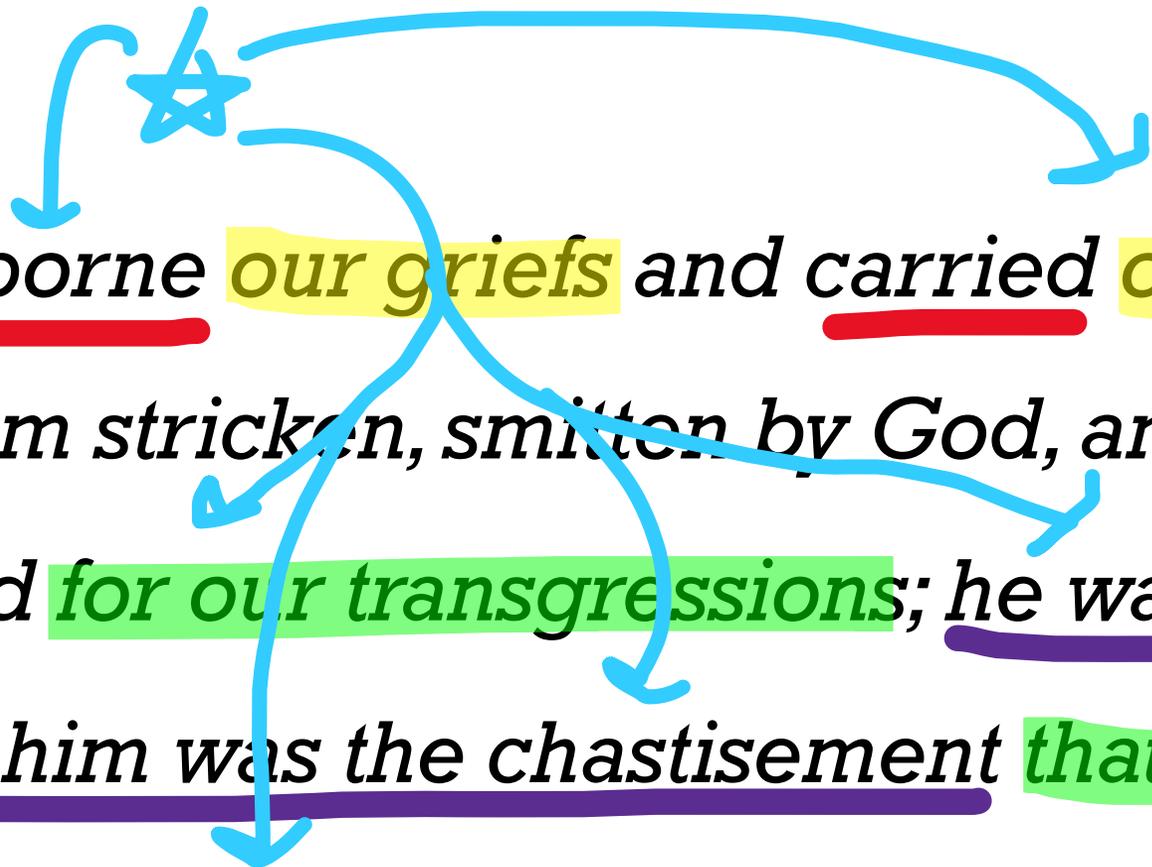
*<sup>14</sup> Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. <sup>15</sup> For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. <sup>16</sup> Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.*



# **THE REALITY OF SIN IS THE IMPETUS OF THE INCARNATION**

1. Jesus came to understand our sorrows
2. Jesus came to bear our sorrows

# ISAIAH 53:4



<sup>4</sup> Surely he has borne our griefs and carried our sorrows; yet we esteemed him stricken, smitten by God, and afflicted. <sup>5</sup> But he was wounded for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his stripes we are healed.

# MATTHEW 11:28

<sup>28</sup> *Come to me, all who labor and are heavy laden, and I will give you rest.*

# **THE REALITY OF SIN IS THE IMPETUS OF THE INCARNATION**

1. Jesus came to understand our sorrows
2. Jesus came to bear our sorrows
3. Jesus came to destroy our sorrows

## ISAIAH 53:10-12

<sup>10</sup> Yet it was the will of the LORD to crush him; he has put him to grief; when his soul makes an offering for guilt, he shall see his offspring; he shall prolong his days; the will of the LORD shall prosper in his hand. <sup>11</sup> Out of the anguish of his soul he shall see and be satisfied; by his knowledge shall the righteous one, my servant, make many to be accounted righteous, and he shall bear their iniquities. <sup>12</sup> Therefore I will divide him a portion with the many, and he shall divide the spoil with the strong, because he poured out his soul to death and was numbered with the transgressors; yet he bore the sin of many, and makes intercession for the transgressors.

## HEBREWS 2:14-15

<sup>14</sup> Since therefore the children share in flesh and blood, **he himself likewise partook of the same things** that through death he might ~~destroy~~ the one who has the power of death, that is, the devil,<sup>15</sup> and **deliver** all those who through fear of death were subject to lifelong slavery.

# I CORINTHIANS 15:54-57

<sup>54</sup> *When the perishable puts on the imperishable, and the mortal puts on immortality, then shall come to pass the saying that is written: "Death is swallowed up in victory." <sup>55</sup> "O death, **where is your victory?** O death, **where is your sting?**" <sup>56</sup> The sting of death is **sin**, and the power of sin is the law. <sup>57</sup> But thanks be to God, who gives us the victory through **our Lord Jesus Christ.***

# **THE REALITY OF SIN IS THE IMPETUS OF THE INCARNATION**

1. Jesus came to understand our sorrows
2. Jesus came to bear our sorrows
3. Jesus came to destroy our sorrows

Psalm 38 calls us to look for the one who can heal

- The one who understands our brokenness
- The one who bears our sorrows
- The one who can destroy our sorrows

**The Incarnation is the answer to our brokenness**

KIDS' QUESTION:

**WHO CAN TAKE AWAY OUR SORROW?**

Jesus became a man  
to take away our sorrow.

# **APPLICATIONS**

Psalm 38 and Us

## **APPLYING PSALM 38**

- 1. We can (should) sorrow over sin and the brokenness it brings**
- 2. When we sorrow over sin and brokenness, we need to look at our sin first and repent**
- 3. When we sorrow over sin and brokenness, we can find comfort in God, because Jesus knows, Jesus cares, and Jesus heals our brokenness**