

PSALMS 38-50

SECRETS of the HEART

CLARENCE SEXTON

STUDY GUIDE



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BIBLE TEACHING SERIES

SECRETS OF THE HEART

Study Guide

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Preparation Questions for Lesson 1

HELP ME

Background Reading

Psalm 38:1-22; John 14:6

MONDAY

In Psalm 38:1-2, what did David plead for God to withhold from him?

TUESDAY

Read Psalm 38:4-8 and describe how David's sin had taken its toll in his life.

WEDNESDAY

According to Psalm 38:9, David recognized that his pitiful condition was seen by whom?

THURSDAY

According to Psalm 38:11-12, how had David's friends treated him?

FRIDAY

Read Psalm 38:15-18. What did David realize he must deal with and confess to God?

SATURDAY

In Psalm 38:21-22, when David cried to God for help, how did he address the Lord?



Scripture Memory

"Make haste to help me, O Lord my salvation."


Psalm 38:22



People all over the world recognize immediately a cry for help. This heart cry marks us as members of this dying human race. We can only imagine how many people cry out to God each day. Crying out to God for the help we need identifies us as helpless sinners in need of the Saviour.

Notes

In Psalm 38, David cries out to God, *"Help me."* One of the easiest things to do is to talk about what is wrong with everyone else; however, in Psalm 38, David says, "Lord, help me. It's not another man who is failing and living deceitfully; I am that man. Help me."




*God becomes
real to us
when we
personally
call out to
Him and ask
for His help.*

God led David to pen these words to remind us of what we have been and how much we need Him. Have you ever cried out, "Lord, help me"?

David's Condition

This psalm of remembrance, with David crying out to God for help, calls to remembrance David's condition. In the opening verses, David admitted in Psalm 38:1-2 that he knew what he had done was against God. David spoke to God as a child would to his father. He knew he deserved severe chastening, but he cried out to the Lord for mercy.



Many people never have a happy day because of something inside of them that needs to be cared for.

Sin had already done its awful work in David's life. In verses three through nine, he describes his condition. Instead of rejoicing and being happy, David mourned *"all the day long."* David tried to maintain control, but the waves of his terrible sin were rolling over him. He was going down. He said, "O God, help me!"

David's Conviction

The Spirit of God took hold of David. In Psalm 38:9 he said, *"Lord, all my desire is before thee; and my groaning is not hid from thee."* David's groanings, what his sin had done to him, could not be hidden from God. He was coming clean. God had convicted him!

Notice verses nine through fourteen. David became a man out of breath with no strength left. The people David thought he could trust were gone. David finally became as a deaf man, unable


to hear anything but that constant reminder of his sin. So many wonderful, beautiful things happen around us that God is doing, but those who have unconfessed sin in their lives do not see or hear those beautiful things.

David said in verse fourteen, *"Thus I was as a man that heareth not, and in whose mouth are no reproofs."* David could not hear or speak. He had no reproving left in him. He was so convicted about his own sin that he could not open his mouth to point out anything wrong in anyone else's life.

David's Confession

David agreed with God's estimation of his sinfulness. In Psalm 38:15-18, he confessed to God. Confession means to agree with God. David agreed with God that he was a sinner.

In the conclusion of Psalm 38, David says, *"Make haste to help me, O Lord my salvation."* God wants us personally to come to the place where we see that we have the greatest need of all. "Lord, I need help. Help me." Like David, who could go no further, have you reached that point?



The problem is not God's unwillingness to help; the problem is our unwillingness to trust Him.

Preparation Questions for Lesson 2

THAT I SIN NOT WITH MY TONGUE

Background Reading

Psalm 39:1-13; Matthew 12:34; Proverbs 18:21;
James 3:1-10; Titus 2:11-13

MONDAY

Christ taught in Matthew 12:34 that our words come forth from where?

TUESDAY

According to Proverbs 18:21, how powerful is the tongue?

WEDNESDAY

In Psalm 39:1-2 David reflected on the fact that he did not want to do what?

THURSDAY

Why did David finally open his mouth and speak in Psalm 39:3?

FRIDAY

Read James 3:1-10. Who is able to tame the tongue?

SATURDAY

In Psalm 39:5, David compared the length of life to what?