

LIFE GROUP APPLICATION QUESTIONS

Psalms Series

These questions are for the **February 13, 2022**, sermon, “Measuring Our Days.” Please read the sermon passage (Psalm 39) together out loud.

Sermon Outline

WHEN AFFLICTIONS ISOLATE US BEFORE THE LORD . . .

1. It is wise to remain silent. (1-3, 9)
 - a. David knows his own propensity to sin with his mouth.
 - i. To speak selfishly about himself to God.
 - ii. To speak angrily about God to others.
 - b. Therefore he commits himself to silence, to saying nothing.
 - i. This is what Job (Job 40:3-5) and Jeremiah (Lam 3:16-21) learned.
 - ii. Not merely “silence” but a “humbled soul,” and a broken will.
2. Let him teach us to pray. (4-8, 10-13)
 - a. Turn to the LORD for instruction (4-6; ‘My days are so short.’).
 - b. Turn to the LORD for deliverance (7-8; ‘He is my only rescue plan.’).
 - c. Turn to the LORD for mercy (10-11; ‘He alone is dear to me.’)
 - d. Turn to the LORD with confidence (12-13; ‘He has never failed me.’)
3. 5 overarching points of application (whole Psalm)
 - a. Guard your words. (1, 2, 9)
 - b. Learn to pray. (Whole psalm)
 - c. Waste no time with sin. (8, 11)
 - d. Savor God’s gifts (his grace). (The concept of “made my days” (v. 5) = “gifts.”)
 - e. Know your end (your purpose, multiplying disciples). (4)

Life Group Discussion Questions

1. Based on #1, above: We live in a “say what you need to say” world. When David followed that advice, he fell into grievous, damaging, life-defining sin. Instead, he “said” (made up his mind) to start with silence. What are you learning about the wisdom of “guarding your mouth”? In what audience should we have our guard very high? Is there a place for ‘verbal processing’? When?
2. Based on #1, above: “Silence” is not just “no words.” In our two examples (Job and Jeremiah), we find complete humility of soul. They came to an end of questions, demands and their own will, and this “end of questioning” was a place of blessing. How can we get to and live in a place of “humility of soul” before God?
3. Based on #2, above: Your days are numbered and they will fly by very quickly. This is not morbid, it’s not a license to ‘do what you want’ and it does not make your decisions unimportant. Quite the opposite! It means that every day counts and we must learn to submit every decision to the LORD. Are you feeling this and learning this? Explain.
4. Based on #3, above: Of the 5 points of application, apply one specifically to your life. What decisions, directions or attitudes will be impacted as you apply this truth to your life?