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## Sermon Text Discussion Notes 11/20/2022

*Psalm 38:1-22* – “Sin Messes Everything Up” by Ryan Griffith

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### Overview

This morning we’re discussing one of David’s psalms, Psalm 38. This is a psalm of lament (a prayer in pain that leads to trust in God). David’s struggle with his personal sin in this psalm helps us understand the dire consequences of personal sin, the purpose in the pain of God’s discipline, and the depths of his love in the midst of our sin.

The passage was outlined as follows:

1. Sin messes everything up
2. Pain is God’s mercy in disguise
3. Only God’s mercy saves us from God’s wrath

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### Quotations

“If [sin] has lain long corrupting in your heart, if you have suffered it to abide in power and prevalency, without attempting vigorously the killing of it and the healing of the wounds you have received by it for some long season, your [sickness] is dangerous. Have you permitted worldliness, ambition, greediness...or uncleanness to defile your heart with vain and foolish and wicked imaginations for many days? So was the case with David...When a lust has lain long in the heart, corrupting, festering, infecting it brings the soul to a woeful condition.” -John Owen (Overcoming Sin and Temptation)

“Be killing sin, or it will be killing you. There is no third option.” -John Owen

“Sometimes it feels like God is killing us. The pain we feel because of our own sin or because of the sin of others can tear at our very heart. We feel as though we are under attack—trembling under a hail of arrows. But God is an expert marksman. He doesn't shoot to kill us, he shoots to kill what is in us. His arrows are painful—but that pain is his mercy in disguise.” -Ryan Griffith

“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.” -Matthew 11:28-30 (ESV)

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### Discussion Questions

- 1.) Why is this psalm such a good model for how we should think about and approach God in our struggles with personal sin? What does David do?
- 2.) John Owen commented that sin replaces the love of God with the love of itself. How have you seen this happen in your own life?
- 3.) Ryan shared that when we give space to a thing that we know dishonors God (lingering over an evil thought, cultivating a grudge, or assuming the worst about someone else), we shouldn’t be surprised when we find our affection for Christ cooling. Why is this so dangerous?
- 4.) David knows his pain comes from the Lord (see verses 1-2). Why is pain God’s mercy in disguise?
- 5.) Read John 6:37 and Matthew 11:28-30 (above). This week, look for ways to encourage yourself and others to press on in putting sin to death knowing that Christ Jesus has made you his own.