

The background is a watercolor illustration. The top half is a light beige or tan color. The bottom half is a mix of light blue, teal, and white, suggesting water or a sky. A central red rectangular box contains the title. In the bottom right corner, there is a dark blue rectangular box containing three lines of text.

THE BOOK OF
PSALMS

BREATHE DEEP.
—
SING LOUD.
—
TRUST GOD.

Psalm 39

To the choirmaster: to Jeduthun. A Psalm of David.

¹ I said, “I will guard my ways,
that I may not sin with my tongue;
I will guard my mouth with a muzzle,
so long as the wicked are in my presence.”

² I was mute and silent;
I held my peace to no avail,
and my distress grew worse.

³ My heart became hot within me.

Psalm 39

As I mused, the fire burned;
then I spoke with my tongue:

⁴ “O LORD, make me know my end
and what is the measure of my days;
let me know how fleeting I am!

⁵ Behold, you have made my days a few handbreadths,
and my lifetime is as nothing before you.

Surely all mankind stands as a mere breath! *Selah*

⁶ Surely a man goes about as a shadow!

Psalm 39

Surely for nothing they are in turmoil;
man heaps up wealth and does not know who will
gather!

⁷ “And now, O Lord, for what do I wait?
My hope is in you.

⁸ Deliver me from all my transgressions.
Do not make me the scorn of the fool!

⁹ I am mute; I do not open my mouth,
for it is you who have done it.

Psalm 39

¹⁰ Remove your stroke from me;
I am spent by the hostility of your hand.

¹¹ When you discipline a man
with rebukes for sin,
you consume like a moth what is dear to him;
surely all mankind is a mere breath! *Selah*

¹² “Hear my prayer, O LORD,
and give ear to my cry;
hold not your peace at my tears!

Psalm 39

For I am a sojourner with you,
a guest, like all my fathers.

¹³ Look away from me, that I may smile again,
before I depart and am no more!”

THE BOOK OF
PSALMS

ONE LIFE TO LIVE

*“Every person has two lives on this earth.
And the second one begins when you realize
that you only have one.”*

- Unknown

Psalm 39:1-3

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that I may not sin with my tongue;
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Psalm 39:4-6

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⁶ Surely a man goes about as a shadow!

Surely for nothing they are in turmoil;
man heaps up wealth and does not know who will
gather!

**We need to measure our days, or
we may end up wasting them.
(vv. 4-6)**

Psalm 39:4-6

4 “O LORD, make me know my end
and what is the measure of my days;
let me know how fleeting I am!

5 Behold, you have made my days a few handbreadths,
and my lifetime is as nothing before you.

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6 Surely a man goes about as a shadow!
Surely for nothing they are in turmoil;
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gather!”

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gather!”

“main character syndrome”







Psalms 39:4

“O LORD, make me know my end and what is the measure of my days; let me know how fleeting I am!”

Psalms 39:6

Surely a man goes about as a shadow! Surely for nothing they are in turmoil; man heaps up wealth and does not know who will gather!

Psalm 39:6

Surely a man goes about as a shadow! Surely for nothing they are in turmoil; man heaps up wealth and does not know who will gather!

“I wish I hadn’t worked so much.”

Psalm 39:6

Surely a man goes about as a shadow! Surely for nothing they are in turmoil; man heaps up wealth and does not know who will gather!

Psalm 39:7

“And now, O Lord, for what do I wait? My hope is in you.”

**We need to live our life in light of
what comes after this life.
(vv. 7-11)**

Psalm 39:8-11

8 Deliver me from all my transgressions.

Do not make me the scorn of the fool!

**9 I am mute; I do not open my mouth,
for it is you who have done it.**

**10 Remove your stroke from me;
I am spent by the hostility of your hand.**

**11 When you discipline a man
with rebukes for sin,
you consume like a moth what is dear to him;
surely all mankind is a mere breath!**

Psalm 39:8-11

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with rebukes for sin,
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surely all mankind is a mere breath!

**We need to get comfortable with
being uncomfortable in this life.
(vv. 12-13)**

Psalm 39:12-13

¹² “Hear my prayer, O LORD,
and give ear to my cry;
hold not your peace at my tears!

For I am a sojourner with you,
a guest, like all my fathers.

¹³ Look away from me, that I may smile again,
before I depart and am no more!”

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- **Have we come to terms with the brevity of our time here on this earth?**

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- **Are we pursuing the things that matter, or are we wasting our time on things that don't count?**

- **Have we come to terms with the brevity of our time here on this earth?**
- **Are we pursuing the things that matter, or are we wasting our time on things that don't count?**
- **Are we finding our meaning in God, or are we finding our meaning in the things of this world?**

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PSALMS

ONE LIFE TO LIVE