

## Psalm 39: Finding hope despite the struggles

### 1 - **Reality of human struggle:** (Verse 1-3)

Disappointment, sickness, worries, doubts, disappointments, sorrows, antagonism

Observe how David handles his struggles by relying on himself in Verse 1-3

**Application:** let us not open our heart to loneliness in a testing time.

### 2 – **Realising human limitations** (Verse 4-6)

O Lord... Verse 4

David realised the fragility of human life

Whoever we are, our life does depend on ourselves

From verse 4 to 6 we learn from David we can our struggles to the author of life.

**Challenge:** Where is your hiding place?

### 3 – **Regain of hope** (Verse 7-13)

David's prayer revived his faith and produced hope

Not longer relying on his strength but on God's grace, forgiveness and mercy.

He looks at the future with the hope of smiling again.

**Exhortation:** In our struggles let's praise and worship with a hope of smiling soon.