

A circular frame containing a scenic landscape. In the foreground, a calm lake with turquoise water reflects the sky. The middle ground is a dense forest of dark green trees. In the background, rugged, dark brown mountains rise, with patches of white snow or ice and wisps of white smoke or mist clinging to their slopes. A dashed white circle outlines the entire scene, with a solid white dot on the left side.

*And above all these
put on love,*

*which binds everything together in perfect unity.
Colossians 3:14*

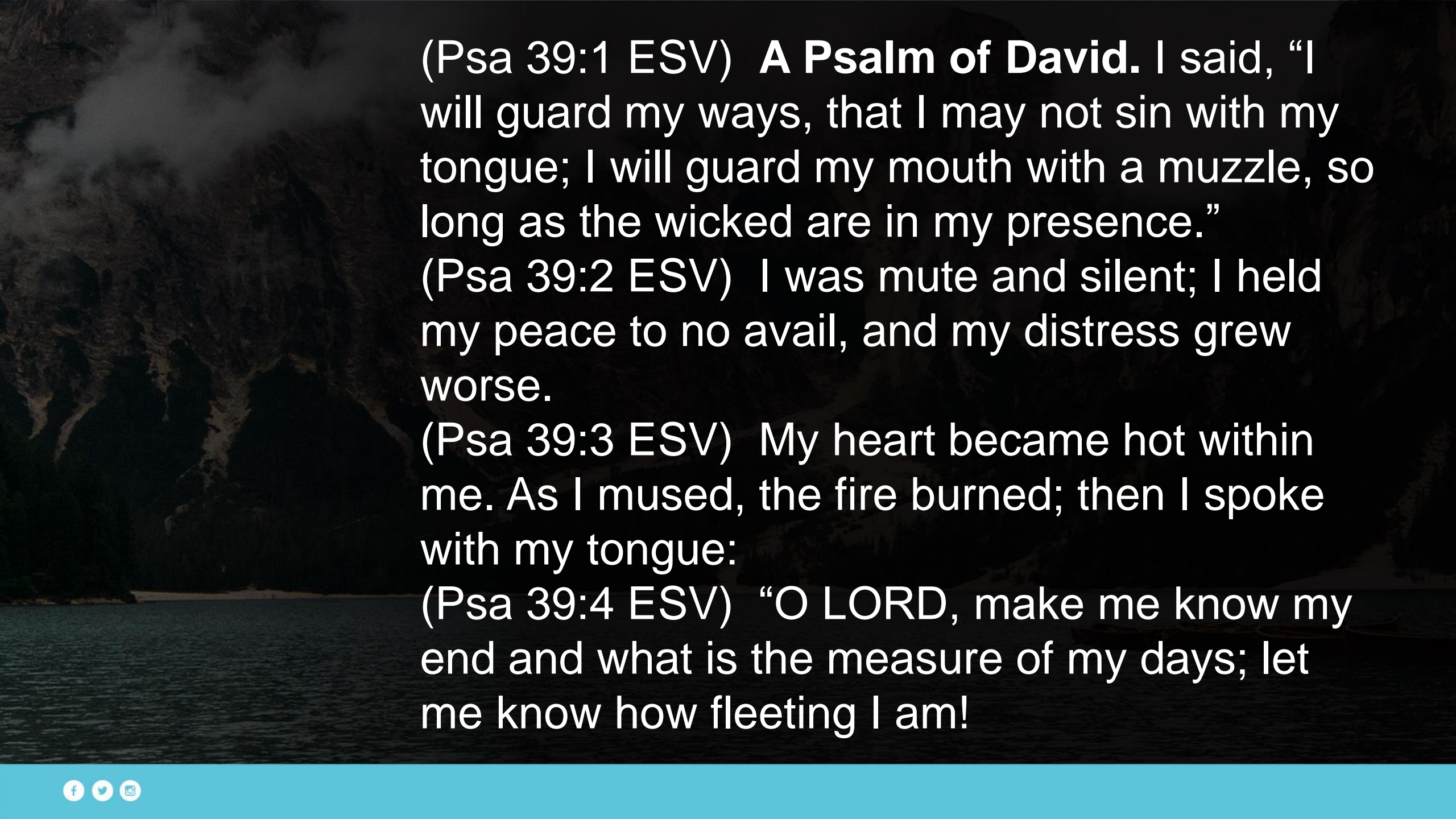


Shofar Christian Church

Psalm 39

Reflections on life, the tongue and discipline

Werner Joubert

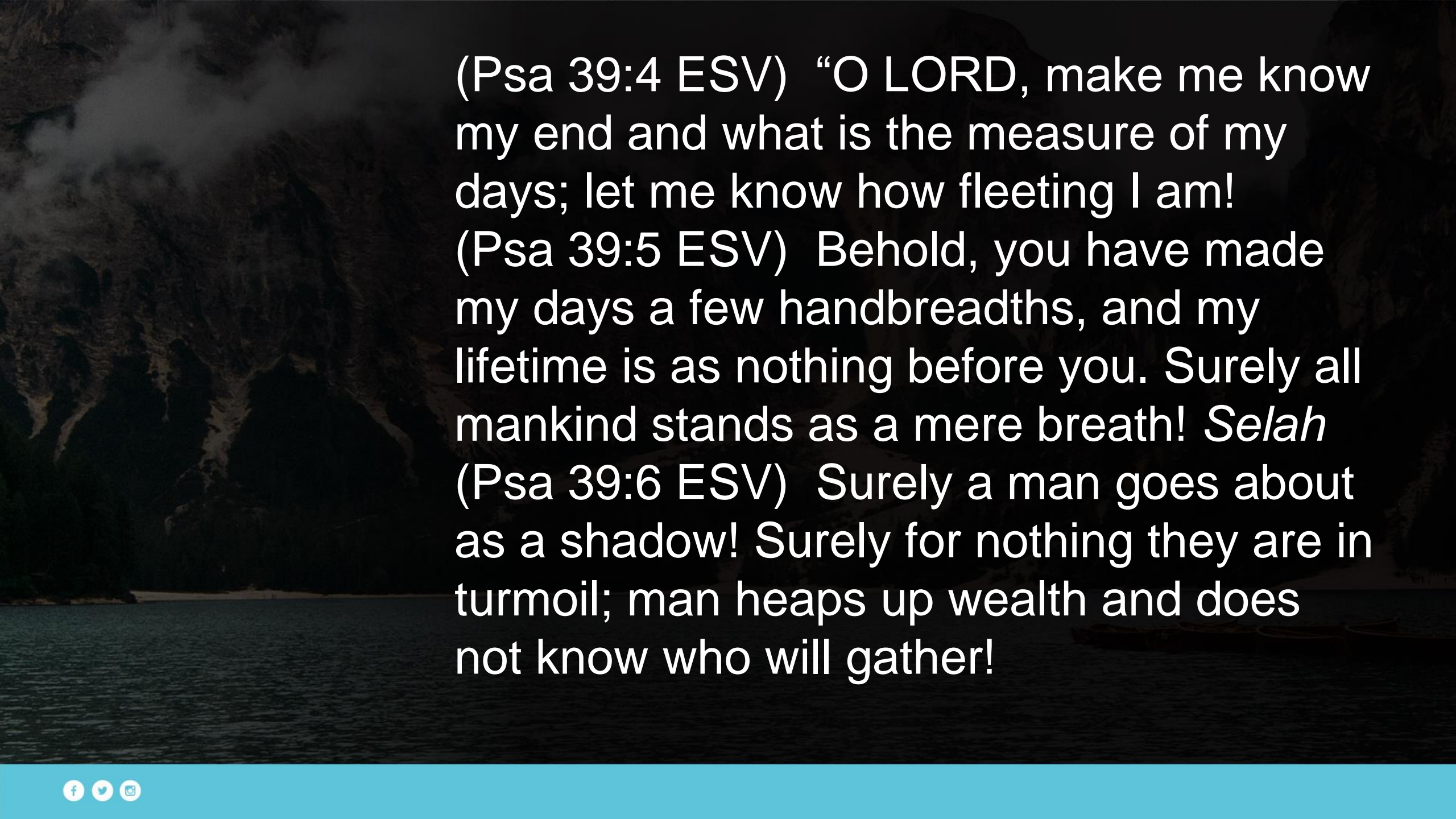


(Psa 39:1 ESV) **A Psalm of David.** I said, “I will guard my ways, that I may not sin with my tongue; I will guard my mouth with a muzzle, so long as the wicked are in my presence.”

(Psa 39:2 ESV) I was mute and silent; I held my peace to no avail, and my distress grew worse.

(Psa 39:3 ESV) My heart became hot within me. As I mused, the fire burned; then I spoke with my tongue:

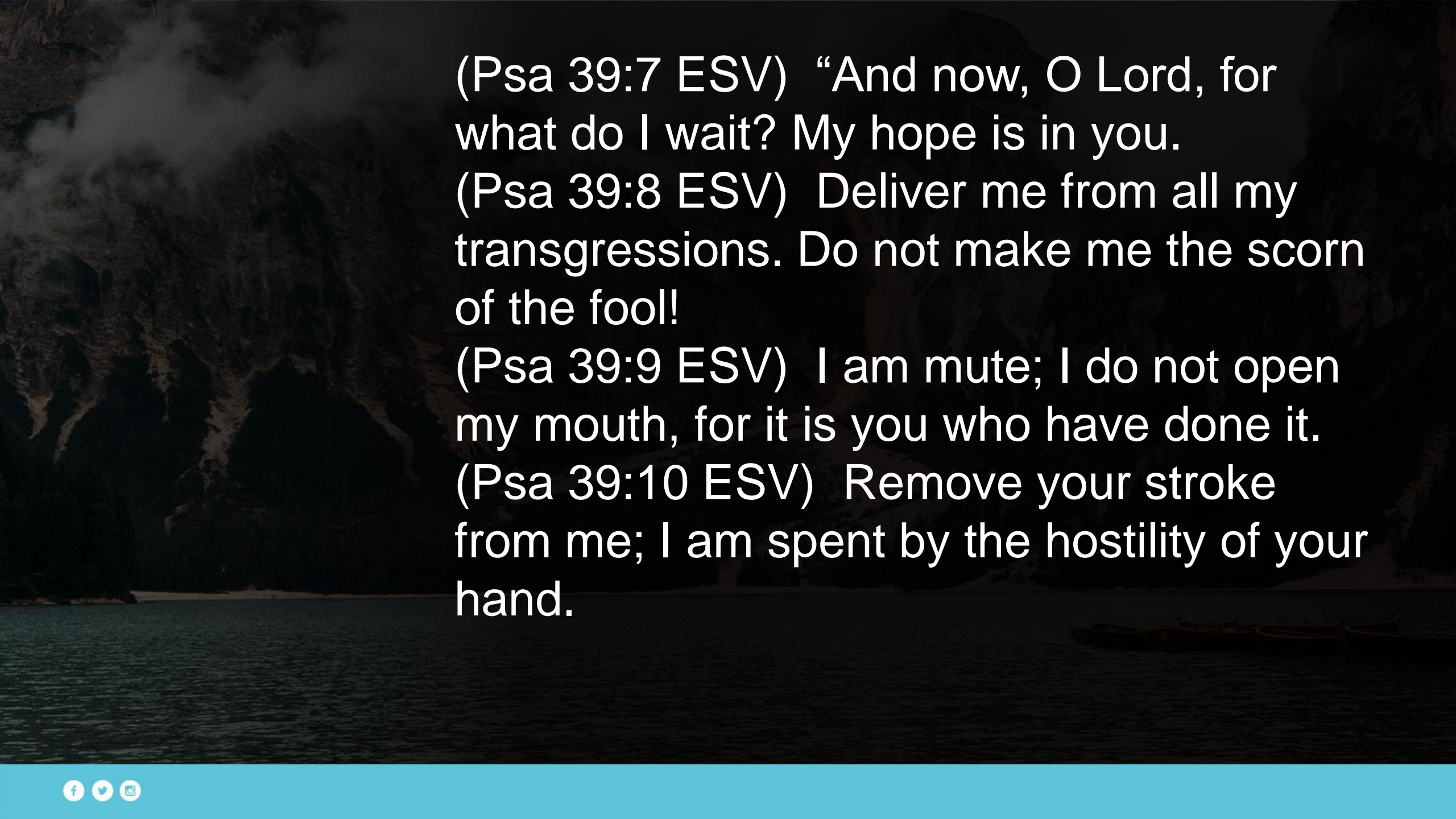
(Psa 39:4 ESV) “O LORD, make me know my end and what is the measure of my days; let me know how fleeting I am!



(Psa 39:4 ESV) “O LORD, make me know
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(Psa 39:5 ESV) 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*

(Psa 39:6 ESV) 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!

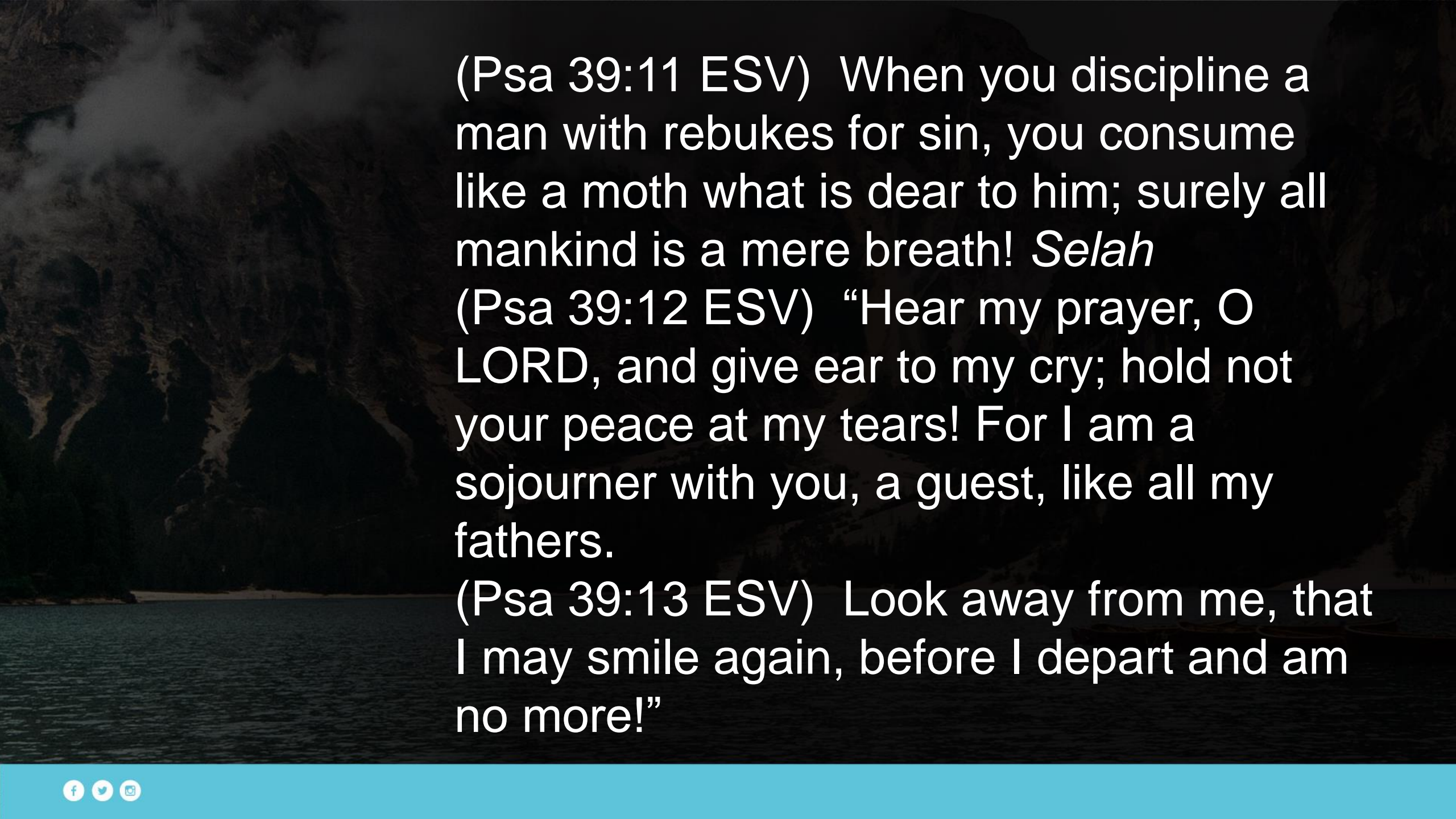


(Psa 39:7 ESV) “And now, O Lord, for what do I wait? My hope is in you.

(Psa 39:8 ESV) Deliver me from all my transgressions. Do not make me the scorn of the fool!

(Psa 39:9 ESV) I am mute; I do not open my mouth, for it is you who have done it.

(Psa 39:10 ESV) Remove your stroke from me; I am spent by the hostility of your hand.



(Psa 39:11 ESV) 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*

(Psa 39:12 ESV) “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.

(Psa 39:13 ESV) Look away from me, that I may smile again, before I depart and am no more!”

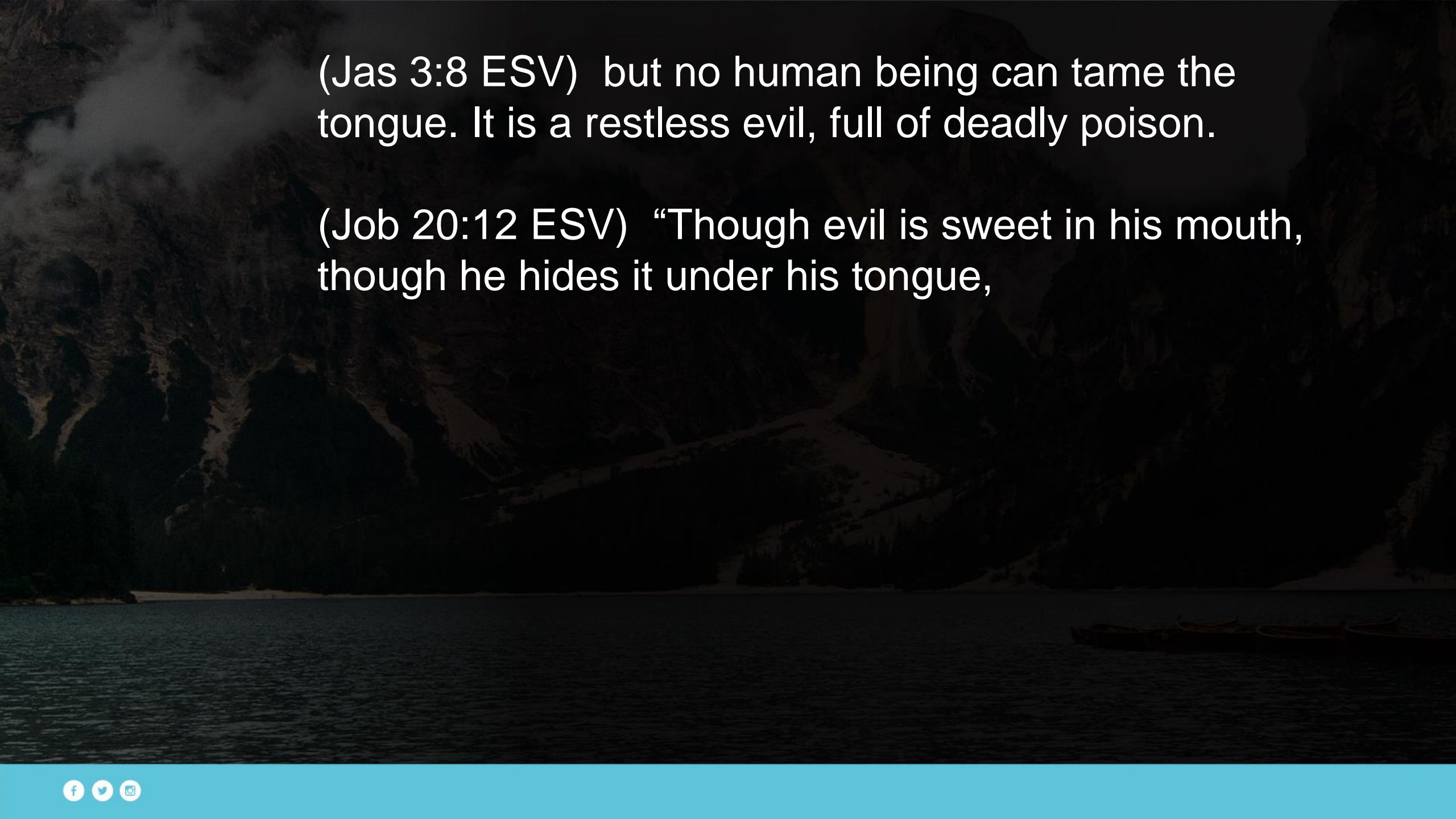
Understanding Psalm 139

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(Psa 39:4 ESV) “O LORD, make me know my end and what is the measure of my days; let me know how fleeting I am!

A dark, atmospheric landscape featuring a calm lake in the foreground and steep, rocky mountains in the background. The scene is dimly lit, with some light reflecting off the water and the mountain slopes. The overall mood is somber and mysterious.

(Jas 3:8 ESV) but no human being can tame the tongue. It is a restless evil, full of deadly poison.

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(Psa 71:8 ESV) My mouth is filled with your praise, and with your glory all the day.

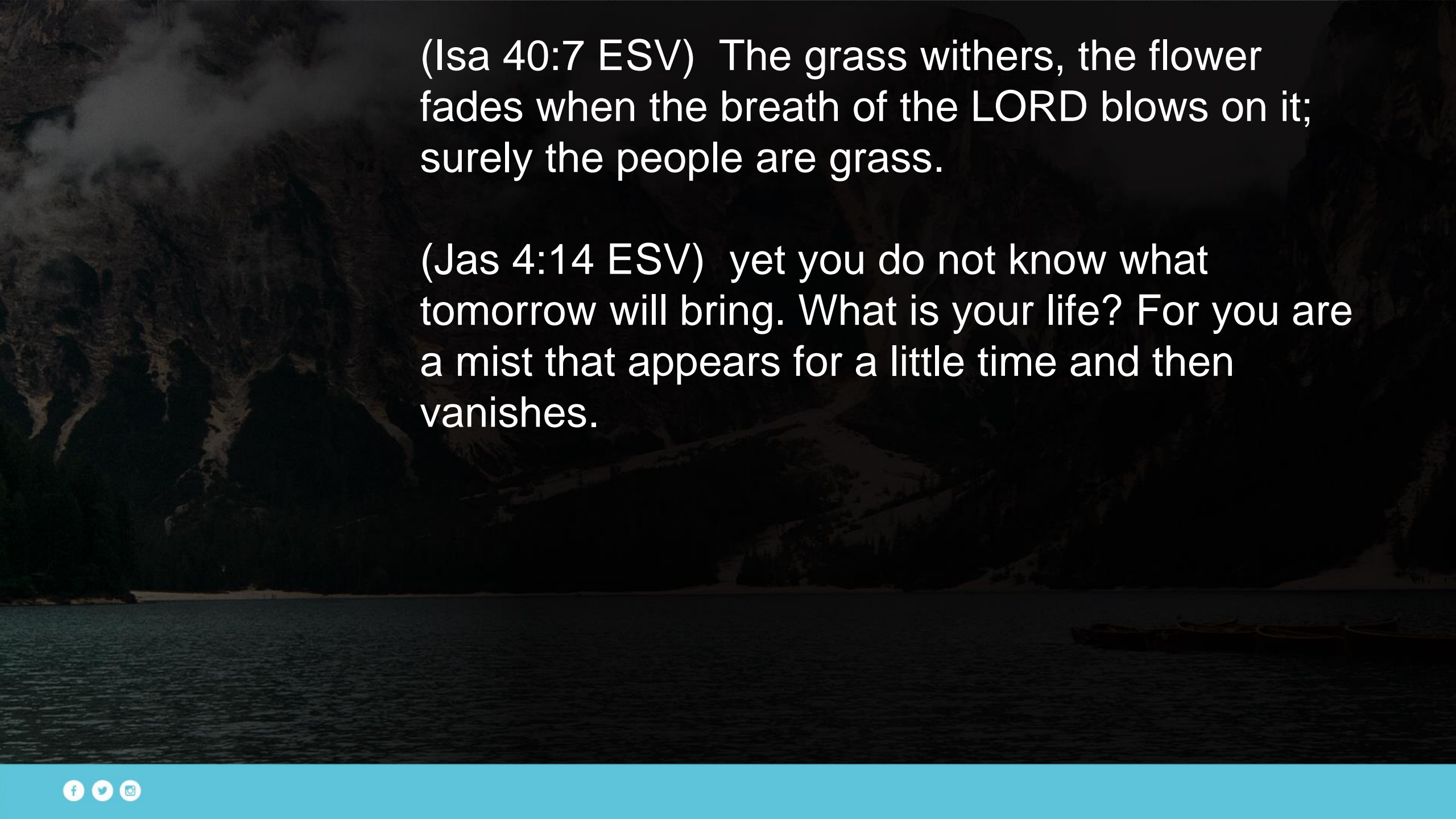
(Rom 10:14 ESV) How then will they call on him in whom they have not believed? And how are they to believe in him of whom they have never heard? And how are they to hear without someone preaching?

Understanding Psalm 139

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(Psa 39:6 ESV) 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!

A dark, atmospheric landscape with a misty mountain peak and a calm lake. The scene is dimly lit, with the mountain's peak partially obscured by mist. The water in the foreground is still, reflecting the dark sky. The overall mood is somber and contemplative.

(Isa 40:7 ESV) The grass withers, the flower fades when the breath of the LORD blows on it; surely the people are grass.

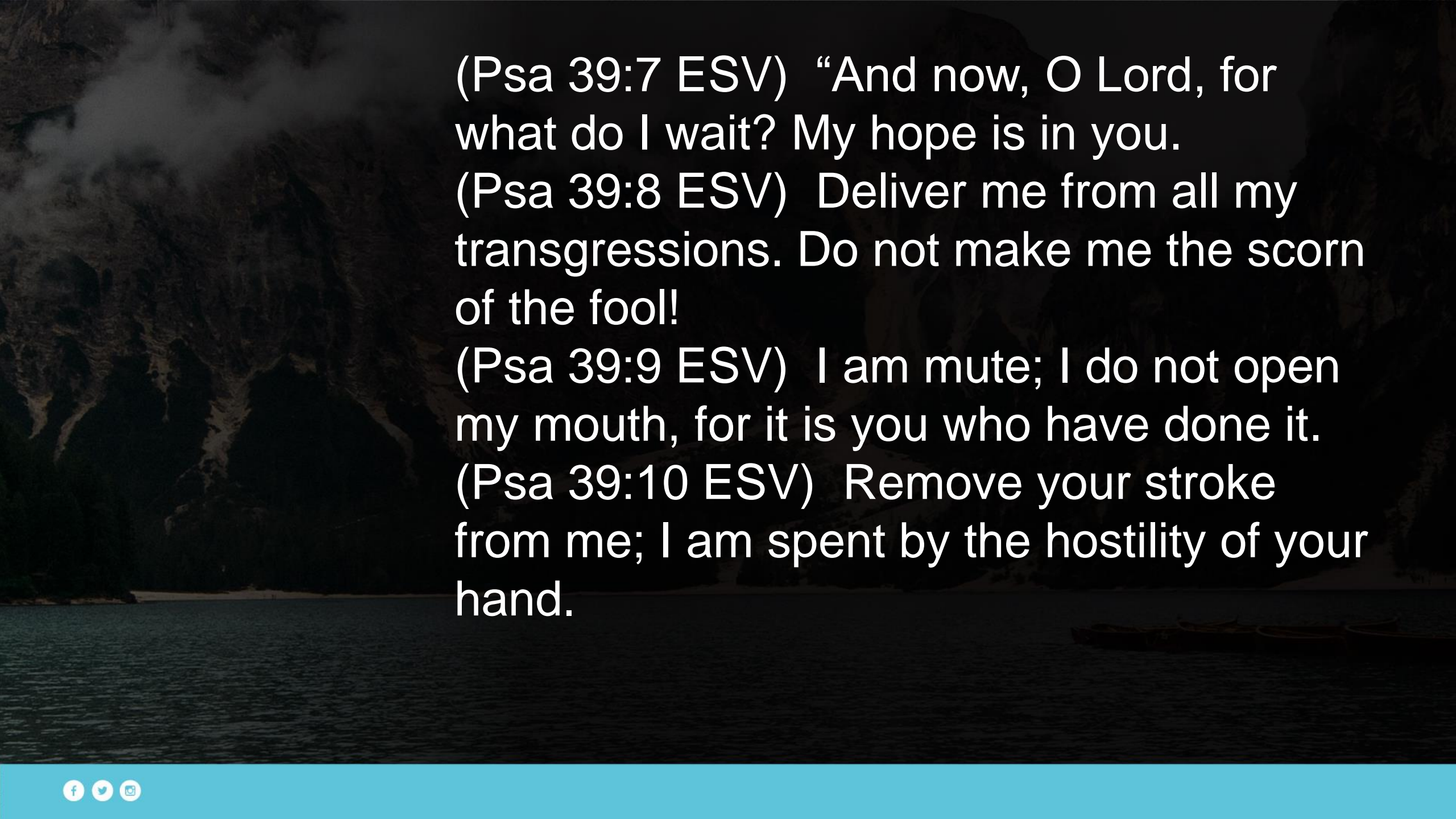
(Jas 4:14 ESV) yet you do not know what tomorrow will bring. What is your life? For you are a mist that appears for a little time and then vanishes.

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(Jas 4:14 ESV) yet you do not know what tomorrow will bring. What is your life? For you are a mist that appears for a little time and then vanishes.

(Zep 3:17 ESV) He will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing.

(Psa 139:17 ESV) How precious to me are your thoughts, O God! How vast is the sum of them!

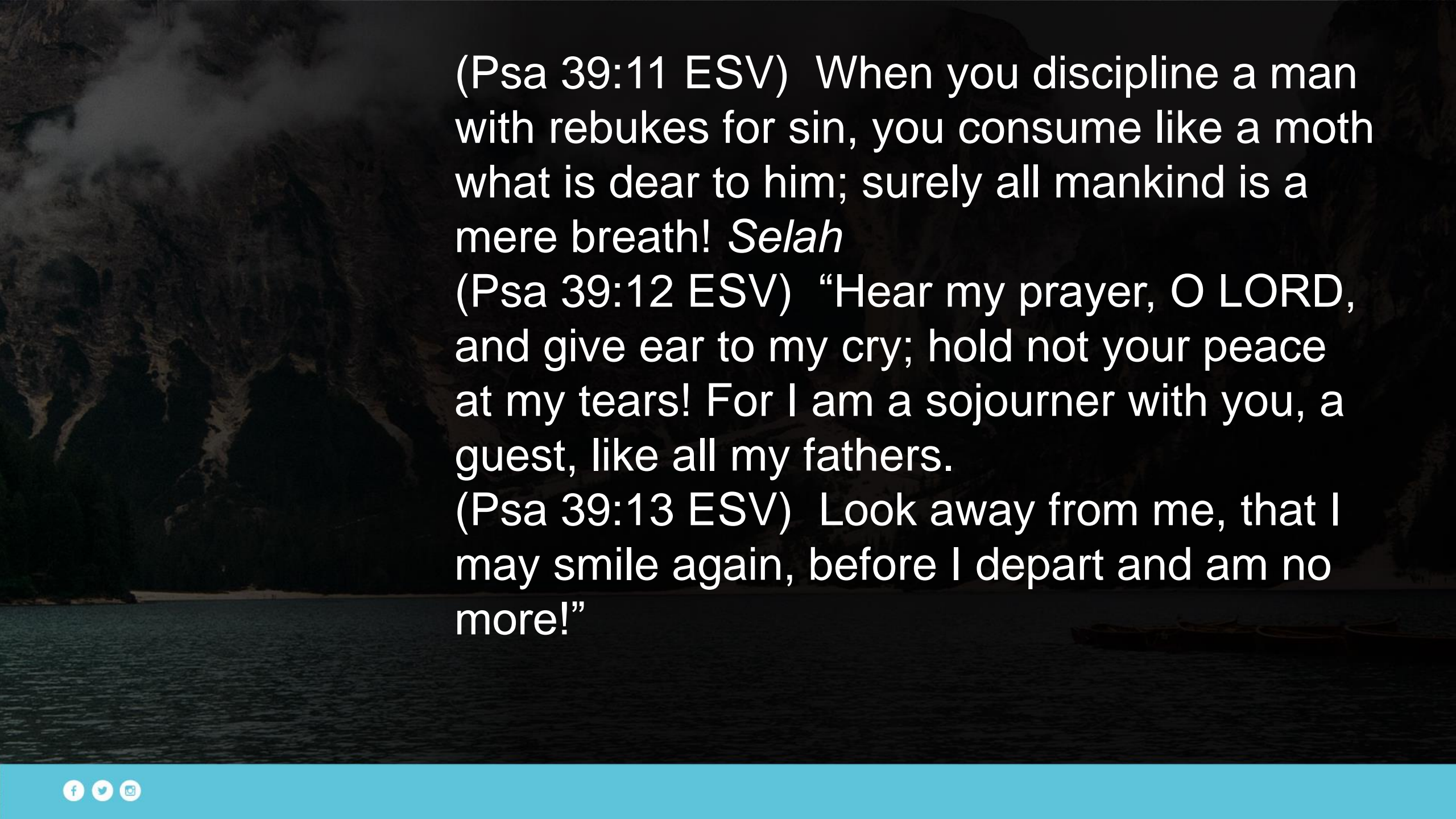


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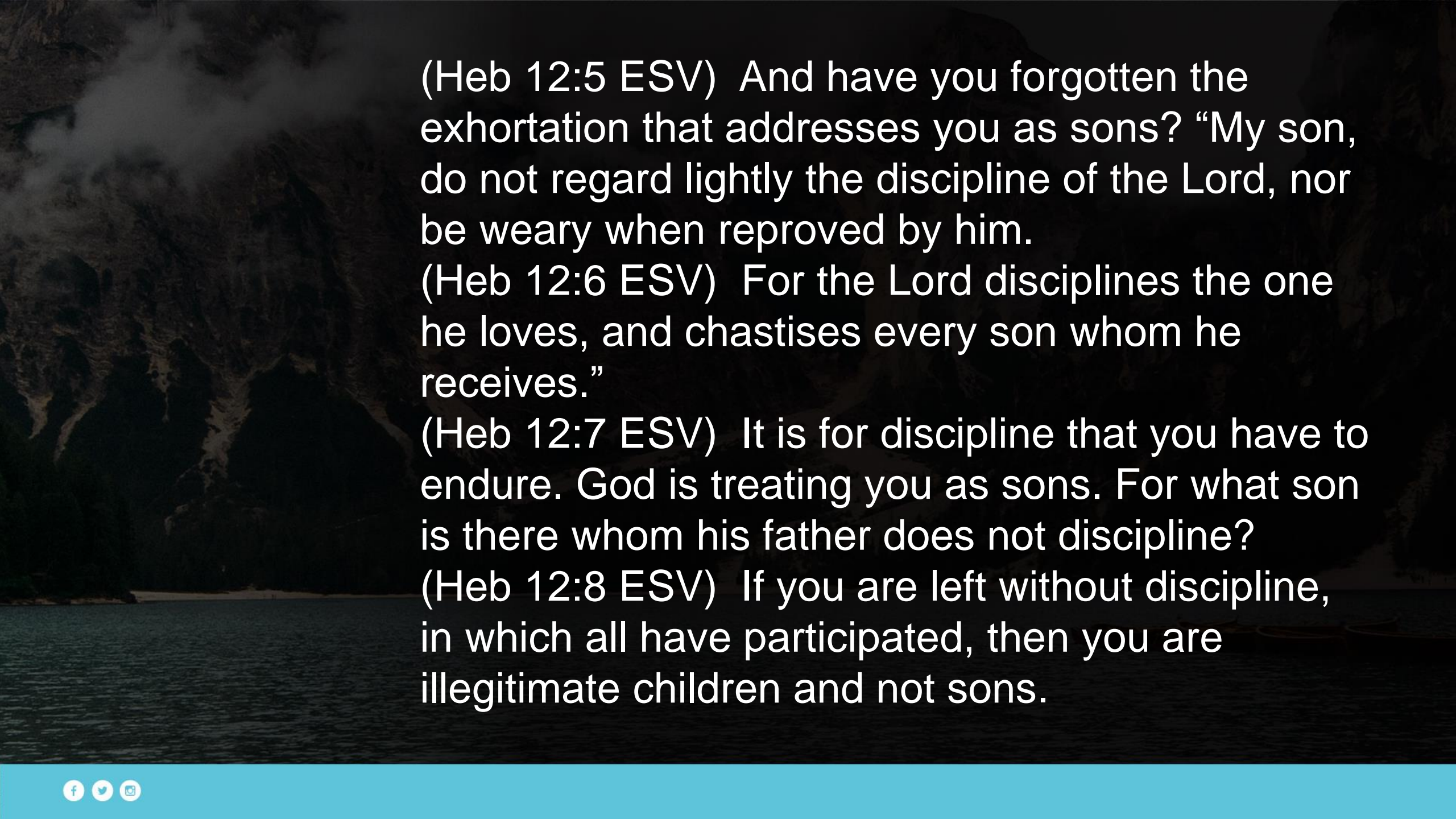
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(Heb 12:5 ESV) And have you forgotten the exhortation that addresses you as sons? “My son, do not regard lightly the discipline of the Lord, nor be weary when reproved by him.

(Heb 12:6 ESV) For the Lord disciplines the one he loves, and chastises every son whom he receives.”

(Heb 12:7 ESV) It is for discipline that you have to endure. God is treating you as sons. For what son is there whom his father does not discipline?

(Heb 12:8 ESV) If you are left without discipline, in which all have participated, then you are illegitimate children and not sons.

Psalm 39

Life is short and significant:

1) Lets not sin with our mouth by speaking
sinfully

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Life is short and significant:

1) Lets not sin with our mouth by speaking sinfully

2) Lets not sin with our mouth by not praising and praying

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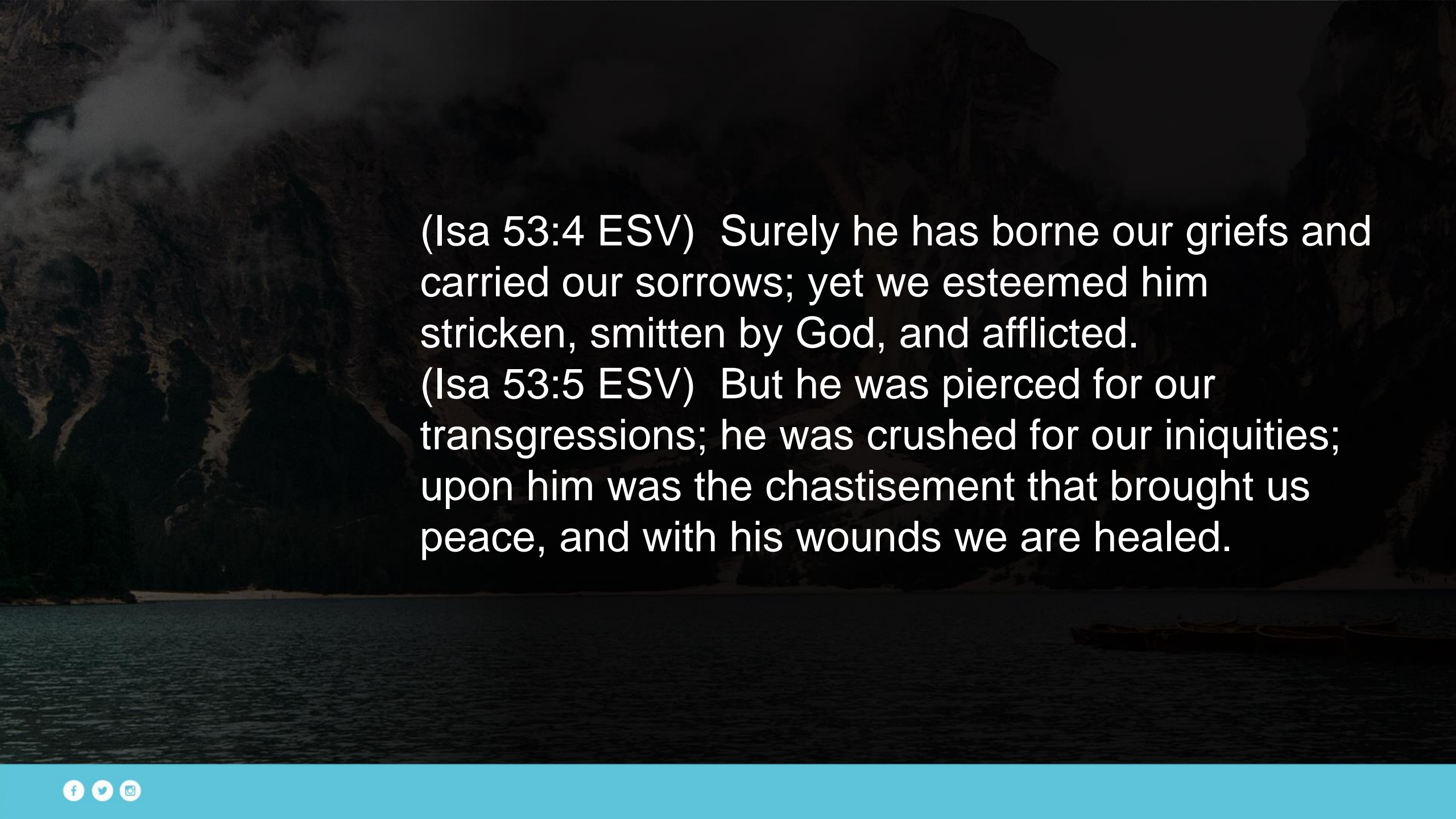
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- 3) Lets quickly repent and receive peace

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- 1) Lets not sin with our mouth by speaking sinfully
- 2) Lets not sin with our mouth by not praising and praying
- 3) Lets quickly repent and receive peace
- 4) Lets embrace momentary discipline that lovingly grows us up for eternity



(Isa 53:4 ESV) Surely he has borne our griefs and carried our sorrows; yet we esteemed him stricken, smitten by God, and afflicted.

(Isa 53:5 ESV) But he was pierced for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his wounds we are healed.