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Psalms 38 & 41

# The Lord's Rescue Of The Poor In Spirit

1) The Weight And Wages Of Sin  
(38:1-8; 41:4)

O LORD, rebuke me not in your anger, nor discipline me in your wrath! For your arrows have sunk into me, and your hand has come down on me. There is no soundness in my flesh because of your indignation; there is no health in my bones because of my sin. For my iniquities have gone over my head; like a heavy burden, they are too heavy for me.

My wounds stink and fester because of my foolishness, I am utterly bowed down and prostrate; all the day I go about mourning. For my sides are filled with burning, and there is no soundness in my flesh. I am feeble and crushed; I groan because of the tumult of my heart.

Psalms 38:1-8

As for me, I said, "O LORD, be gracious to me;  
heal me, for I have sinned against you!"

Psalms 41:4

As he passed by, he saw a man blind from birth. And his disciples asked him, "Rabbi, who sinned, this man or his parents, that he was born blind?" Jesus answered, "It was not that this man sinned, or his parents, but that the works of God might be displayed in him.

John 9:1-3

And the LORD God commanded the man, saying, "You may surely eat of every tree of the garden, but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die."

Genesis 2:16-17



For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

Romans 6:23

What shall we say then? Are we to continue in sin that grace may abound? By no means! How can we who died to sin still live in it?

Romans 6:1-2

2) Total Helplessness Before God  
(38:9-20; 41:5-10)

My enemies say of me in malice, "When will he die, and his name perish?" And when one comes to see me, he utters empty words, while his heart gathers iniquity; when he goes out, he tells it abroad. All who hate me whisper together about me; they imagine the worst for me.

They say, "A deadly thing is poured out on him; he will not rise again from where he lies." Even my close friend in whom I trusted, who ate my bread, has lifted his heel against me.

Psalms 41:5-9

O Lord, all my longing is before you; my sighing is not hidden from you.

My heart throbs; my strength fails me, and the light of my eyes—it also has gone from me. My friends and companions stand aloof from my plague, and my nearest kin stand far off.

Those who seek my life lay their snares; those who seek my hurt speak of ruin and meditate treachery all day long.

But I am like a deaf man; I do not hear, like a mute man who does not open his mouth. I have become like a man who does not hear, and in whose mouth are no rebukes.

Psalms 38:9-14

But for you, O LORD, do I wait; it is you, O Lord my God, who will answer.

For I said, "Only let them not rejoice over me, who boast against me when my foot slips!"

For I am ready to fall, and my pain is ever before me. I confess my iniquity; I am sorry for my sin. But my foes are vigorous, they are mighty, and many are those who hate me wrongfully. Those who render me evil for good accuse me because I follow after good.

Psalms 38:15-20

Blessed is the one who considers the poor!  
In the day of trouble the LORD delivers him;  
the LORD protects him and keeps him alive;  
he is called blessed in the land;  
you do not give him up to the will of his enemies.  
The LORD sustains him on his sickbed;  
in his illness you restore him to full health.

Psalms 41:1-3

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Matthew 5:3



3) God Delivers Us In The Midst Of Our  
Brokenness

(38:21-22; 41:1-3; 41:11-12)

By this I know that you delight in me:  
my enemy will not shout in triumph over me.  
But you have upheld me because of my integrity,  
and set me in your presence forever.

Psalms 41:11-12

And the Pharisees and their scribes grumbled at his disciples, saying, "Why do you eat and drink with tax collectors and sinners?" And Jesus answered them, "Those who are well have no need of a physician, but those who are sick. I have not come to call the righteous but sinners to repentance."

Luke 5:30-32

“Two men went up into the temple to pray, one a Pharisee and the other a tax collector. The Pharisee, standing by himself, prayed thus: ‘God, I thank you that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. I fast twice a week; I give tithes of all that I get.’ But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, ‘God, be merciful to me, a sinner!’ I tell you, this man went down to his house justified, rather than the other. For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted.”

Luke 18:10-14

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

4) God Delivers Us Through Christ Jesus  
(38 & 41)

Psalm 38:12 -> Matthew 22:15 (The Plots of the Pharisees)

Psalm 41:9 -> John 13:18 (Judas' Betrayal)

Psalm 38:11 -> Luke 23:49 (Christ's Companions at the Cross)

Psalm 38:13-14 -> Mark 15:4-5 (Christ Before Pilate)

When he was reviled, he did not revile in return; when he suffered, he did not threaten, but continued entrusting himself to him who judges justly.

1 Peter 2:23



“Blessed be the Lord God of Israel, for he has visited and redeemed his people and has raised up a horn of salvation for us in the house of his servant David, as he spoke by the mouth of his holy prophets from of old, that we should be saved from our enemies and from the hand of all who hate us; to show the mercy promised to our fathers and to remember his holy covenant, the oath that he swore to our father Abraham, to grant us that we, being delivered from the hand of our enemies, might serve him without fear,

Luke 1:68-74

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