

Do You Ever Feel Life Has No Meaning?

Psalm 39

Grace Fellowship Church / Pastor Peter LaRuffa / June 25, 2017

I. Sometimes the best thing to do to gain a proper perspective on life is to keep silent.

Psalm 39:1-3

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

Prov. 10:19

¹⁹ When words are many, transgression is not lacking, but whoever restrains his lips is prudent.

David knows his fragile state of mind, so he purposes to keep silent lest he sin with his tongue.

Psalm 12:3,4

³ May the LORD cut off all flattering lips, the tongue that makes great boasts, ⁴ those who say, “With our tongue we will prevail, our lips are with us; who is master over us?”

James 3:5,6

⁵ So also the tongue is a small member, yet it boasts of great things. How great a forest is set ablaze by such a small fire! ⁶ And the tongue is a fire, a world of unrighteousness. The tongue is set among our members, staining the whole body, setting on fire the entire course of life, and set on fire by hell.

II. Sometimes it's good to be reminded how short our earthly life really is.

Psalm 39:4

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

4 Lessons Learned From the Brevity of Life

(1) Life is **too short**. (Psa. 39:4,5a)

Throughout the Scriptures, the entirety of life is referred to in seemingly small, insignificant terms.

Psalm 39:5 ⁵ Behold, you have made my days **a few handbreadths**, and my lifetime is as **nothing** before you.

James 4:14 ¹⁴ ...What is your life? For you are a **mist** that appears for a little time and then vanishes.

(2) Life is **fragile**. (Psa. 39:5b-6)

Psalm 39:5b-6 ⁵ ...Surely all mankind stands as a mere **breath!** *Selah*
⁶ Surely a man goes about as a **shadow!**

(3) We can **only hope in Christ**. (Psa. 39:7-8)

Psalm 39:7-8 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!

(4) We can **only find help in Christ**. (Psa. 39:10ff)

Psalm 39:10,13 ¹⁰ Remove your stroke from me; I am spent by the hostility of your hand... ¹³ Look away from me, that I may smile again, before I depart and am no more!”