

Psalm 39

Though the exact circumstances that this Psalm of David alludes to is unknown, it clearly was in the midst of trials and even chastisement by the LORD.

The Psalm begins with him expressing his intent to refrain from speaking aloud the anguish of his heart in front of wicked men lest they use it to reproach God. But when David could no longer suppress his emotions and calls out to God as he ponders the brief and vain nature of life, he goes on to confess that all his hope is in God, asking for deliverance from his transgressions. Then as he considers that all his trials are at the hand of God, David petitions the LORD to spare him so he can regain strength and happiness before leaving the world of the living.

Despite the rather mournful tone of this entire Psalm, when we find ourselves in the depth of trials it should encourage us to remember that even David, a man after God's own heart, also went through such things.