



# Discussion Questions

## Psalm 39




What stood out to you in the podcast and/or in the reading of this Psalm?


What is David determined to do in verse 1? Why was he motivated to do this?





When David finally speaks, who does he speak to? What does he ask for?



Why is it important for us to understand the brevity of our life? How would it change the way we live today?



Why is it so easy to focus on the temporary and so hard to focus on the eternal? How might we grow in our eternal perspective if we viewed ourselves as 'sojourners' like David (vs 12)?



Does it surprise you that a man after God's own heart could go through times of despondency? How does David lead us to seek God in our trials?



What truths in this Psalm encourage your heart? Which truths challenge you?

