

Psalm 038 - Penitential Psalm: The Cry of an Outcast

Psalm 38

[A Psalm of David, to bring to remembrance.]

The Outcast Cries Out

1 LORD, do not rebuke me in Your wrath, And do not punish me in Your burning anger.

1 O LORD, rebuke me not in Your wrath, And chasten me not in Your burning anger.

1 LORD! Do not rebuke me in your anger; do not correct me in your wrath,

1 O LORD, rebuke me not in thy wrath: neither chasten me in thy hot displeasure.

2 For Your arrows have sunk deep into me, And Your hand has pressed down on me.

2 For Your arrows have sunk deep into me, And Your hand has pressed down on me.

2 because your arrows have sunk deep into me, and your hand has come down hard on me.

2 For thine arrows stick fast in me, and thy hand presseth me sore.

3 There is no healthy part in my flesh because of Your indignation; There is no health in my bones because of my sin.

3 There is no soundness in my flesh because of Your indignation; There is no health in my bones because of my sin.

3 My body is unhealthy due to your anger, and my bones have no rest due to my sin.

3 There is no soundness in my flesh because of thine anger; neither is there any rest in my bones because of my sin.

4 For my guilty deeds have gone over my head; Like a heavy burden they weigh too much for me.

4 For my iniquities are gone over my head; As a heavy burden they weigh too much for me.

4 My iniquities loom over my head; like a cumbersome burden, they are too heavy for me.

4 For mine iniquities are gone over mine head: as an heavy burden they are too heavy for me.

5 My wounds grow foul *and* fester Because of my foolishness.

5 My wounds grow foul *and* fester Because of my folly.

5 My wounds have putrefied and festered because of my foolishness.

5 My wounds stink and are corrupt because of my foolishness.

6 I am bent over and greatly bowed down; I go in mourning all day long.

6 I am bent over and greatly bowed down; I go mourning all day long.

6 I am bent over and walk about greatly bowed down; all day long I go around mourning.

6 I am troubled; I am bowed down greatly; I go mourning all the day long.

7 For my sides are filled with burning, And there is no healthy part in my flesh.

7 For my loins are filled with burning, And there is no soundness in my flesh.

7 My insides are burning and my body is unhealthy.

7 For my loins are filled with a loathsome disease: and there is no soundness in my flesh.

8 I feel faint and badly crushed; I groan because of the agitation of my heart.

8 I am benumbed and badly crushed; I groan because of the agitation of my heart.

8 I am weak and utterly crushed; I cry out in distress because of my heart's anguish.

8 I am feeble and sore broken: I have roared by reason of the disquietness of my heart.

- There was no health in his body; his pain was so severe that he howled like a wild beast

— All this because he had been foolish and sinned against the Lord (v5)

— We are free to disobey, but we are not free to change the consequences

9 Lord, all my desire is before You; And my sighing is not hidden from You.

9 Lord, all my desire is before You; And my sighing is not hidden from You.

9 Lord, all my longings are before you, and my groaning is not hidden from you.

9 Lord, all my desire is before thee; and my groaning is not hid from thee.

10 My heart throbs, my strength fails me; And the light of my eyes, even that has gone from me.

10 My heart throbs, my strength fails me; And the light of my eyes, even that has gone from me.

10 My heart pounds, my strength fails me, even the gleam in my eye is gone.

10 My heart panteth, my strength faileth me: as for the light of mine eyes, it also is gone from me.

11 My loved ones and my friends stand aloof from my plague; And my kinsmen stand far away.

11 My loved ones and my friends stand aloof from my plague; And my kinsmen stand afar off.

11 As for my friends and my neighbors, they stand aloof from my distress; even my close relatives stand at a distance.

11 My lovers and my friends stand aloof from my sore; and my kinsmen stand afar off.

12 Those who seek my life lay snares *for me*; And those who seek to injure me have threatened destruction, And they plot deception all day long.

12 Those who seek my life lay snares *for me*; And those who seek to injure me have threatened destruction, And they devise treachery all day long.

12 Those who seek my life lay snares for me; those who seek to do me harm brag all day long about their wicked planning.

12 They also that seek after my life lay snares for me: and they that seek my hurt speak mischievous things, and imagine deceits all the day long.

13 But I, like a person who is deaf, do not hear; And *I am* like a person who cannot speak, who does not open his mouth.

13 But I, like a deaf man, do not hear; And *I am* like a mute man who does not open his mouth.

13 I am like the deaf, who cannot hear, and like the mute, who cannot open his mouth.

13 But I, as a deaf man, heard not; and I was as a dumb man that openeth not his mouth.

14 Yes, I am like a person who does not hear, And in whose mouth are no arguments.

14 Yes, I am like a man who does not hear, And in whose mouth are no arguments.

14 Indeed, I have become like a man who hears nothing, and in whose mouth there is no rebuke.

14 Thus I was as a man that heareth not, and in whose mouth are no reproofs.

15 For I wait for You, LORD; You will answer, Lord my God.

15 For I hope in You, O LORD; You will answer, O Lord my God.

15 Because I have placed my hope in you, LORD, you will answer, Lord, my God.

15 For in thee, O LORD, do I hope: thou wilt hear, O Lord my God.

16 For I said, "May they not rejoice over me, *Who*, when my foot slips, would exalt themselves over me."

16 For I said, "May they not rejoice over me, *Who*, when my foot slips, would magnify themselves against me."

16 For I said, "Do not let them gloat over me, as they congratulate themselves when my foot slips."

16 For I said, Hear me, lest otherwise they should rejoice over me: when my foot slippeth, they magnify themselves against me.

17 For I am ready to fall, And my sorrow is continually before me.

17 For I am ready to fall, And my sorrow is continually before me.

17 Indeed, I am being set up for a fall, and I am continuously reminded of my pain.

17 For I am ready to halt, and my sorrow is continually before me.

- It wasn't just for David: his enemies plot against him (v12), gloat over his fall (v16), hate, slander, etc (v19-20): we shouldn't give God's enemies occasion to blaspheme! (2 Sam 12:14)

- David doesn't question the legitimacy of his suffering, for he admitted his sin

18 For I admit my guilt; I am full of anxiety because of my sin.

18 For I confess my iniquity; I am full of anxiety because of my sin.

18 I confess my iniquity, and my sin troubles me.

18 For I will declare mine iniquity; I will be sorry for my sin.

19 But my enemies are vigorous *and* strong, And those who wrongfully hate me are many.

19 But my enemies are vigorous *and* strong, And many are those who hate me wrongfully.

19 But my enemies are alive and well; those who hate me for no reason are numerous.

19 But mine enemies are lively, and they are strong: and they that hate me wrongfully are multiplied.

20 And those who repay evil for good, They become my enemies, because I follow what is good.

20 And those who repay evil for good, They oppose me, because I follow what is good.

20 They reward my good with evil, opposing me because I seek to do good.

20 They also that render evil for good are mine adversaries; because I follow the thing that good is.

21 Do not abandon me, LORD; My God, do not be far from me!

21 Do not forsake me, O LORD; O my God, do not be far from me!

21 Don't forsake me, LORD. My God, do not be so distant from me.

21 Forsake me not, O LORD: O my God, be not far from me.

22 Hurry to help me, Lord, my salvation!

22 Make haste to help me, O Lord, my salvation!

22 Come quickly and help me, Lord, my deliverer.

22 Make haste to help me, O Lord my salvation.