

Dealing with the Frailty of Life
Psalm 39

MAIN IDEA: When you suffer as a result of God's chastening for your own sin and are faced with the frailty of life, pour out your heart to God, because He is your only hope.

I. Suffering under God's chastening hand for your own sin (vv. 1-3)

II. Understanding the frailty of life (vv. 4-6)

III. Praying for deliverance (vv. 7-13)