

Dear Heavenly Father,

### *Praise*

David's psalms vividly illustrate this important truth: "For the Lord disciplines the one he loves, and chastises every son whom he receives" (Heb 12:6). You are a God of discipline, and your reproof shows that you truly love me (Prov 13:24; Rev 3:19). I praise you today for rebuking and correcting me when I go astray. Faithful indeed are the wounds of my dearest friend (Prov 27:6)! Blessed be the name of the LORD!

### *Today in Your Word*

Today you shared with me more of David's psalms. In Psalm 38, David cried out to you in the midst of his misery and despair. Your hand of discipline was heavy on him, and the burden of his guilt was made all the more crushing by a physical ailment. David's sickness kept his loved ones "afar off," and it gave his enemies an opportunity to plot his downfall. What should I do when my sin has brought your discipline and estranged me from my friends? How should I respond when my plight is of my own making and there is no one to blame but myself? This psalm has the answers to these questions. David teaches me that I should: (1) confess my iniquity and repent of my sin (Ps 38:18); (2) mourn the loss of a clear conscience and a right relationship with you (Ps 38:6); (3) cast myself on your mercy and cry out to you for relief (Ps 38:1); (4) remain silent before my enemies and wait for you to act (Ps 38:13–15); and (5) ask you to save me in spite of my foolishness (Ps 38:21–22). David's response to your discipline is so instructive. Rather than giving up, David ran and threw himself into your arms. That's what I need to do! My sin should drive me closer to the cross, and my guilt should draw me nearer to your side. You truly are, O LORD, my salvation! (Ps 38:22).

### *Reflection*

Waiting patiently on you is *not* easy, but David gives me four good reasons to stay the course: (1) You will hear my cry, (2) You will lift me out of my despair, (3) You will set my feet on solid ground, and (4) You will give me a new song of praise (Ps 40:1–3). Now that's worth waiting for!

### *Request*

Father, keep my feet on the path of light and my heart in the center of your will. May my testimony always be, "I delight to do your will, O my God" (Ps 40:8; Heb 10:9).

### *Thanksgiving*

David said it best: "You have multiplied, O LORD my God, your wondrous deeds and your thoughts toward us; none can compare with you! I will proclaim and tell of them, yet they are more than can be told" (Ps 40:5). Hallelujah!

In Jesus' name, Amen.

*Suggested Hymn:* "[He Brought Me Out](#)" – Henry J. Zellely.

*Meditation Verse:* Psalm 40:2–3.