

# The struggle of sin.

The pain, the problem & the purpose.

***Elements Class: Psalm 38***  
*Sunday, May 29<sup>th</sup> 10:45am*



In **Psalm 38** David addresses the issue of personal sin. He covers the ongoing **struggle** and ultimate **solution**.

Today we will cover  
**10 important aspects**  
of the personal struggle of sin.

Each of these

## **10 important aspects**

appear all throughout scripture and they appear in the major sins of Adam & Eve (Gen 3), Cain & Abel (Gen 4) and Achan (Josh 7).

*3 aspects deal with:*

**The Pain**  
**that sin always brings.**

*3 aspects deal with:*

**The Problem**  
**that sin always brings.**

*4 aspects deal with:*

**The Purpose**  
**that sin always brings.**



The Pain



# *Aspect 1*

**Sin always brings pain, ruin,  
misery & sadness.**

**[v3, 5-8, 17]**

# Aspect 1

*There is no soundness in my  
flesh...there is no health in my bones  
because of my sin. (v3)*

# Aspect 1

*My wounds stink and fester  
because of my foolishness. (v5)*

# Aspect 1

*I am feeble and crushed;  
I groan because of the tumult of my  
heart. (v8)*

# Aspect 1

*I am ready to fall,  
and **my pain** is ever before me.. (v17)*

# Aspect 1

*To the woman he said, "I will surely  
**multiply your pain in childbearing; in  
pain you shall bring forth children."***

*(Gen 3:16)*

# Aspect 1

All sinning will always bring **pain** & sadness. It may not be immediate and it may take some time to be **perceived**.  
*(Most of us are so used to this pain that we hardly notice it anymore.)*

# *Aspect 1*

Sin will always eventually rob us of some true joy, satisfaction and **reward**. Sin will try to sneakily **replace** true joy with a false, temporary pleasure that will always lead to disappointment.



## *Aspect 2*

**Sin always brings calamity to  
all of our relationships.**

**[v11]**

## Aspect 2

***My friends and companions stand  
aloof from my plague, and my nearest  
kin stand far off. (v11)***

## Aspect 2

*The man said, "The woman whom you gave to be with me, she gave me fruit of the tree, and I ate." (Gen 3:12)*

## Aspect 2

*Cain spoke to Abel his brother. And when they were in the field, Cain rose up against his brother Abel and killed him. (Gen 4:8)*

## *Aspect 2*

Sin will always be a detriment to our relationships; our relationship with God and our relationship with others. It may not be immediate and it may take some time to be perceived...but it will occur.

## *Aspect 2*

Sin will always impact our more intimate relationships more **profoundly**. Sin's damaging effect is often in **proportion** to the significance of the relationship.

## Aspect 2

Sin is never just **private** and personal. No matter how exclusive the sin may seem, sin is never just between us and God.

## *Aspect 3*

**Sin always brings death & death  
is always painful.  
[v3, 5, 12, 17]**



## Aspect 3

*Those who **seek my life** lay their  
snares...For I am ready to fall,  
and **my pain is ever before me.***

*(v12, 17)*

## Aspect 3

*And to Adam he said...till you return to the ground, for out of it you were taken; for you are dust, and to dust you shall return. (Gen 3:17, 19)*

## Aspect 3

*Therefore, just as sin came into the world through one man, and **death through sin**, and so death spread to all men because all sinned...**because of one man's trespass, death reigned** through that one man...*

*(Rom 5:12, 17)*

## Aspect 3

*For the wages of sin is death...*  
*(Rom 6:23)*

## Aspect 3

*Then desire when it has conceived  
gives birth to sin, and **sin when it is  
fully grown brings forth death.***

*(James 1:15)*

## Aspect 3

Death is always the cost of sin...and the cost will always be paid. There is no avoiding it. Death does not mean termination, rather **separation**.

## *Aspect 3*

Sin always (eventually) brings  
separation either to

**(1) a relationship**

**(2) the body or (3) a future joy.**



The Problem



## *Aspect 4*

**Sin always brings the  
rebuke of God.**

**[v1 -2]**

## Aspect 4

*O LORD, rebuke me not in your anger,  
nor discipline me in your wrath...  
your arrows...and your hand has  
come down on me. (v1-2)*

# Aspect 4

Sin will always bring some kind of rebuke, chastisement & **discipline** from the Lord. Even in (and especially in) the life of the believer. (*Notice, discipline, not punishment*).

## *Aspect 4*

The rebuke may not be immediate and it may take some time to be perceived...but it will occur. And the rebuke is intended to bring repentance and healing. Therefore the longer it goes unperceived the longer the healing may not be received.

# Aspect 5

Sin always brings the  
enemy closer.

[v12, 19-20]

## Aspect 5

*Those who seek my life **lay their snares;**  
those who seek my hurt...**meditate**  
**treachery** all day long...my foes are  
vigorous, they are mighty,  
and many are those who hate me...*

*(v12, 19)*

## Aspect 5

*...sin is crouching at the door. Its desire is for you, but you must rule over it. (Gen 4:7)*

## Aspect 5

*Israel has turned their backs before **their enemies!** For the Canaanites and all the inhabitants of the land will hear of it and **will surround us...** (Josh 7:8-9)*



## Aspect 5

Sinners are always like throwing chum into the ocean. Every time we sin we reveal a **weakness** in our armor and the enemy moves in closer and fights even harder.

## Aspect 6

Sin always renders us ineffective  
at best & destroys us at worst.  
[v1-3, 13-14, 17]

## Aspect 6

*But I am like a deaf man; I do not hear,  
like a mute man who does not open his  
mouth. I have become like a man who does  
not hear, and in whose mouth are no  
rebukes...I am ready to fall. (v13-14, 17)*

## Aspect 6

*..the men of Ai killed about thirty-six of their men and chased them before the gate as far as Shebarim and struck them at the descent. And the hearts of the people melted and became as water. (Josh 7:5)*

# Aspect 6

Sin will always **limit** our effectiveness, especially in our spiritual responsibilities; as Fathers, Mothers, Husbands, Wives, Pastors, Elders, Deacons & Teachers etc.

## Aspect 6

Sin's aim is not just to render us ineffective. It want's everything. Sin's goal is **total** devastation, total destruction...and it will keep plotting & attacking.



The Purpose

*\*Disclaimer, the purpose aspects are not always actualized/present. They are always possible, but are contingent upon the response of the individual.*



## *Aspect 7*

**Sin should bring us to  
the end of ourselves.**

**[v4, 13-14]**

## Aspect 7

*For my iniquities have gone **over my head**; like a heavy burden, they are **too heavy for me.** (v4)*

## Aspect 7

*Cain said to the LORD, "My punishment is **greater than I can bear.**" (Gen 4:13)*

## Aspect 7

*Then Joshua tore his clothes and fell to the earth on his face before the ark of the LORD until the evening, he and the elders of Israel. And they put dust on their heads.  
(Josh 7:6)*

## *Aspect 7*

God has a goal through (within) our sin. And that goal is to get us to the end of our confidence in ourselves, our abilities etc.

## Aspect 7

Sin will get us to the end of ourselves. Either **literally**; by stripping us of everything (prodigal son) or **spiritually**; by us admitting that we have no ability etc.

## *Aspect 8*

**Sin should drive us to God.**  
**[v15, 21-22]**

## Aspect 8

*But for you, O LORD, do I wait;  
it is you, O Lord my God, who  
will answer. (v15)*



## Aspect 8

*O my God, be not far from me!  
Make haste to help me...(v21-22)*

## Aspect 8

*Then Joshua tore his clothes and  
fell to the earth on his face before  
the ark of the LORD...(Josh 7:6)*

## *Aspect 8*

By getting us to the **end ourselves**,  
God's goal is to have us arrive at  
the **beginning of himself**.

## Aspect 8

When sin's false promise is revealed  
and it has stripped away our joy &  
satisfaction...it should have us  
**desperate** for true joy.

## Aspect 9

Sin should bring repentance &  
reliance on God.

[v18, 21]

## Aspect 9

*I confess my iniquity;  
I am sorry for my sin. Do not forsake  
me, O LORD! O my God, be not far from  
me! (v18, 21)*

## *Aspect 9*

The sting of sin and the realization of what it has cost us mixed with the rebuke of God and the pain of hurting him should lead to genuine repentance.

## Aspect 9

True repentance means;  
being **heart stricken** that we have  
**valued** something of little value  
over God who is infinitely valuable.



## Aspect 9

True repentance means;  
a **turning away** from lesser pleasures &  
lesser promises of satisfaction & reward  
and **agreeing** that God and his way is  
the ultimate truth & reward in the  
universe.

## *Aspect 10*

**Sin should drive us to the  
confident hope of deliverance.**

**[v9, 15, 22]**

# Aspect 10

*O Lord, all my longing is before you;  
**my sighing is not hidden from you.** But for  
you, O LORD, do I wait; it is you, O Lord my God,  
**who will answer.** Make haste to help me, O  
Lord, my salvation! (v9, 15, 22)*

## *Aspect 10*

When sin has stripped our confidence in false promises we should be driven to an incredible confidence in God to deliver and provide something much **better**.

We could examine many other instances of sin such as David & Bathsheba, Ananias & Sapphira & Achan and find these  
**10 aspects** present.

*\*Disclaimer, the purpose aspects are not always actualized/present. They are always possible, but are contingent upon the response of the individual.*

I believe that recognizing these  
'consequences' and 'stages' of  
sin's effects is an important way  
that we are able to battle sin  
more effectively (*and get to the  
end more quickly*).