

Psalms 39

Chapter 39 of 150 · 13 Verses · Authorized King James Version

What Is the Measure of My Days?

1 I said, I will take heed to my ways, that I sin not with my tongue: I will keep my mouth with a bridle, while the wicked is before me.

2 I was dumb with silence, I held my peace, even from good; and my sorrow was stirred.

3 My heart was hot within me, while I was musing the fire burned: then spake I with my tongue,

4 LORD, make me to know mine end, and the measure of my days, what it is; that I may know how frail I am.

5 Behold, thou hast made my days as an handbreadth; and mine age is as nothing before thee: verily every man at his best state is altogether vanity. Selah.

6 Surely every man walketh in a vain shew: surely they are disquieted in vain: he heapeth up riches, and knoweth not who shall gather them.

7 And now, Lord, what wait I for? my hope is in thee.

8 Deliver me from all my transgressions: make me not the reproach of the foolish.

9 I was dumb, I opened not my mouth; because thou didst it.

10 Remove thy stroke away from me: I am consumed by the blow of thine hand.

11 When thou with rebukes dost correct man for iniquity, thou makest his beauty to consume away like a moth: surely every man is vanity. Selah.

12 Hear my prayer, O LORD, and give ear unto my cry; hold not thy peace at my tears: for I am a stranger with thee, and a sojourner, as all my fathers were.

13 O spare me, that I may recover strength, before I go hence, and be no more.

HEBREW & GREEK WORD STUDIES

Iniquality — **עֲוֹן** (Avon)

Iniquality, guilt, punishment

The Hebrew **avon** (עֲוֹן) encompasses iniquality, guilt, and its punishment—the twisted nature of sin. 'The LORD hath laid on him the iniquality of us all' (Isaiah 53:6), Christ bearing our guilt and penalty.

Lord — **אֲדֹנָי** / **יְהֹוָה** (YHWH / Adonai)

The LORD / Lord

When 'LORD' appears in small capitals, it represents the Tetragrammaton **YHWH** (יְהֹוָה), God's personal covenant name meaning 'I AM.' When 'Lord' appears normally, it's **Adonai** (אֲדֹנָי), meaning 'my Lord,' emphasizing sovereignty.

Transgression — **עַבְדָּה** (Pesha)

Transgression, rebellion

The Hebrew **pesha** (עַבְדָּה) means transgression or rebellion—willful violation of God's law. It implies deliberate revolt against divine authority: 'he was wounded for our transgressions' (Isaiah 53:5).

CROSS REFERENCES

Psalms 39:1 **Parallel theme:** Psalms 62:1; 119:9; 141:3; 1 Kings 2:4; Proverbs 18:21; 21:23; Colossians 4:5; Hebrews 2:1; James 1:26. **Evil:** Psalms 34:13

Psalms 39:2 **Parallel theme:** Acts 4:20

Psalms 39:3 **Parallel theme:** Jeremiah 20:9; Luke 24:32

Psalms 39:4 **Parallel theme:** Psalms 90:12; 103:14; 119:84; Job 14:13

Psalms 39:5 **Parallel theme:** Psalms 39:11; 62:9; 144:4; Ecclesiastes 2:11; James 4:14.

Creation: Psalms 89:47

Psalms 39:6

Parallel theme: Proverbs 13:22; Ecclesiastes 2:26; 5:14; 12:8; 12:13; Isaiah 55:2; Luke 12:29; 1 Corinthians 7:31; James 4:14; 1 Peter 5:7

Psalms 39:7

Hope: Psalms 38:15; 119:81; 119:166; Romans 15:13. **Parallel theme:** Job 13:15; Luke 2:25.

References Lord: Genesis 49:18

Psalms 39:8 **Parallel theme:** Psalms 44:13; 79:4

Psalms 39:9 **Parallel theme:** 2 Samuel 16:10; Job 2:10

Psalms 39:10 **Parallel theme:** Job 9:34; 13:21

Psalms 39:11 **Parallel theme:** Job 13:28; Isaiah 50:9; 1 Corinthians 5:5; Hebrews 12:6; Revelation 3:19

Psalms 39:12

Parallel theme: Psalms 56:8; 116:3; 119:19; Genesis 47:9; Leviticus 25:23; Job 16:20; Hebrews 11:13; 1 Peter 1:17; 2:11. **Prayer:** 2 Kings 20:5

Psalms 39:13 **Parallel theme:** Genesis 5:24; 42:36; Job 7:19

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