

## In Psalm 6

Introduction:

How can one have confidence in prayer when one is suffering due to one's sinfulness?

Theme: Praying to God in a time of our sinfulness

Psalm 6:title (ESV) TO THE CHOIRMASTER: WITH STRINGED INSTRUMENTS;  
ACCORDING TO THE SHEMINITH. A PSALM OF DAVID.

I. David is asking God to treat him better than he deserves.

A. David is seeking to be spared from God's penal judgment.

1. David knows that he is the wrong and needs to be corrected, but wants to be corrected in love not anger.

Psalm 6:1 (ESV) O LORD **Rebuke me not in your anger**, nor discipline me in your wrath

2. David also knows that he is in need of restraint but wants to be restrained as a child not as an outcast.

Psalm 6:1 (ESV) O LORD, rebuke me not in your anger, **nor discipline me in your wrath.**

3. David asks God to be forgiving and kind to him.

Psalm 6:2 (ESV) **Be gracious to me, O LORD**, for I am languishing; heal me, O LORD, for my bones are troubled.

II. David is in need of God's grace because David is a physical and emotional and spiritual wreck.

A. David is an emotional wreck.

Psalm 6:2 (ESV) Be gracious to me, O LORD, **for I am languishing**; heal me, O LORD, for my bones are troubled.

B. David is a physical wreck.

Psalm 6:2 (ESV) Be gracious to me, O LORD, for I am languishing; heal me, O LORD, **for my bones are troubled.**

Psalm 32:1 (ESV) Blessed is the one whose transgression is forgiven, whose sin is covered.

Psalm 32:2 (ESV) Blessed is the man against whom the LORD counts no iniquity, and in whose spirit there is no deceit.

Psalm 32:3 (ESV) For when I kept silent, **my bones wasted away through my groaning all day long.**

Psalm 32:4 (ESV) For day and night your hand was heavy upon me; **my strength was dried up as by the heat of summer.** Selah

Illustration:

C. David is a spiritual wreck.

Psalm 6:3 (ESV) **My soul also is greatly troubled.** But you, O LORD—how long?

D. David wonders how much he will have to endure.

Psalm 6:3 (ESV) My soul also is greatly troubled. **But you, O LORD—how long?**

E. David asks for his life to be spared.

Psalm 6:4 (ESV) Turn, O LORD, **deliver my life; save me** for the sake of your steadfast love.

III. The reasons for David's life to be spared.

A. David is to be spared due to God's unwavering love.

Psalm 6:4 (ESV) Turn, O LORD, deliver my life; save me **for the sake of your steadfast love.**

B. David's life is to be spared so that he can praise God among the living.

Psalm 6:5 (ESV) **For in death there is no remembrance of you;** in Sheol who will give you praise?

Psalm 6:5 (ESV) For in death there is no remembrance of you; **in Sheol who will give you praise?**

An aside:

This is not a statement that there is no consciousness after death.

Nor is it a statement that the dead do not in fact praise the Lord.

Nor is this proof that there is no belief in the resurrection in the Old Testament.

Note Job's assertions/

Job 19:25 (ESV) For I know that my Redeemer lives, and at the last he will stand upon the earth.

Job 19:26 (ESV) And after my skin has been thus destroyed, yet in my flesh I shall see God,

Job 19:27 (ESV) whom I shall see for myself, and my eyes shall behold, and not another. My heart faints within me!

The point is, that after David dies, he will no longer be able to praise God and be a testimony among the living. This is a recurring theme in the Old Testament.

Psalms 30:8 (ESV) To you, O LORD, I cry, and to the Lord I plead for mercy:

Psalms 30:9 (ESV) "What profit is there in my death, if I go down to the pit? Will the dust praise you? Will it tell of your faithfulness?"

Psalms 30:10 (ESV) Hear, O LORD, and be merciful to me! O LORD, be my helper!"

Psalms 30:11 (ESV) You have turned for me my mourning into dancing; you have loosed my sackcloth and clothed me with gladness,

Psalms 30:12 (ESV) that my glory may sing your praise and not be silent. O LORD my God, I will give thanks to you forever!

IV. David rehearses his constant grief.

Psalms 6:6 (ESV) I am weary with my moaning; every night I flood my bed with tears; I drench my couch with my weeping.

Psalms 6:7 (ESV) My eye wastes away because of grief; it grows weak because of all my foes.

V. David expresses confidence that the Lord will answer his prayer.

Psalm 6:8 (ESV) Depart from me, all you workers of evil, **for the LORD has heard the sound of my weeping.**

Psalm 6:9 (ESV) **The LORD has heard my plea**; the LORD accepts my prayer.

Psalm 6:9 (ESV) The LORD has heard my plea; **the LORD accepts my prayer.**

VI. David has confidence that his enemies will not have cause for rejoicing.

A. David is not the one who will be embarrassed it will be his enemies.

Psalm 6:10 (ESV) **All my enemies shall be ashamed** and greatly troubled; they shall turn back and be put to shame in a moment.

B. It will not be David but rather his enemies that will experience turmoil.

Psalm 6:10 (ESV) All my enemies shall be ashamed **and greatly troubled**; they shall turn back and be put to shame in a moment.

C. All of this will change suddenly.

Psalm 6:10 (ESV) All my enemies shall be ashamed and greatly troubled; **they shall turn back and be put to shame in a moment**

VII. Conclusion:

A. There is much grief and sorrow that is associated with our sinfulness.

B. God uses sorrow to bring us to a place of repentance.

C. God is tender, merciful and well aware of sufferings in the times of our sinfulness.

D. Despite our sinfulness, God will still hear and answer our prayers.

E. We can have confidence that those who would be glad of our calamity will in fact be disappointed because we will be delivered.