

## PSALM 6

*A cry for mercy. Each person has to deal with those times in life when nothing seems right, when everything we seem to touch goes sour and when our failures and sins feel like an anchor tied around our necks. When things come crashing down and we are in despair, where do we turn? Who alone can lift us up? In this Psalm David cries out for help.*

- 1. Oh Lord, do not rebuke me in Your anger or discipline me in your wrath.** Even in God's discipline and judgment, He maintains His covenant (Dt 28, Job 23:10, Is 48:6-11).
  - a. David calls to God for mercy. On that basis and not on any merit of his own he pleads for deliverance. He said that he was faint ("withered"). 1 Jn 1:9
  - b. His "bones" were in agony (Jer 17:14, Lam 3:1-33). Spiritual and emotional pain is like a hook in one's guts. David's bones hurting is a description of deep pain.
  - c. His soul was in anguish.
  - d. David's trial seems to be unending and he asks, "How long?"
  
- 2. David asks God to turn ("return"), and save him. The truth is, God had never left him.**
  - a. On the basis of God's unfailing love, David asks for help (Tit 3:3-5).
  - b. If he died, he would not be able to worship and praise God here and now.
  - c. David was worn out from groaning (2 Pet 1:3-11, Phil 4:6-7).
    - He was "making his couch swim" and dissolving it at night with his tears.
    - His eyes had grown weak (failed) with sorrow (frustration). As he looked around, all he could see was his enemies.
  
- 3. David praises God for his deliverance.** *I am not entirely sure how to apply this but I think that David was acting in faith, believing that God heard him and would act. Do you thank God for what He is going to do when you pray? Do you believe that He hears and acts for His people? Remember 1 Jn 5:13-15*
  - a. The Lord had heard David's broken prayer ("Sound of his weeping").
  - b. The Lord had heard his cry for mercy.
  - c. The Lord had accepted his prayer (remember Jas 4:1-10).
  - d. All his enemies would be dealt with. They were ashamed ("ashamed/confounded"), dismayed ("disturbed") and would turn back in sudden disgrace ("shame/disappointment"). Dt 32:34-36 - God is BIG and can and will care for His own.