

# PSALMS OF PRAYER AND PRAISE

## Psalm 6: David's Appeal and Answer

### **Psalm 6:1-10 (NASB)**

<sup>1</sup>“O LORD, do not rebuke me in Your anger, Nor chasten me in Your wrath.

<sup>2</sup>Be gracious to me, O LORD, for I *am* pining away; Heal me, O LORD, for my bones are dismayed.

<sup>3</sup>And my soul is greatly dismayed; But You, O LORD—how long?

<sup>4</sup>Return, O LORD, rescue my soul; Save me because of Your lovingkindness.

<sup>5</sup>For there is no mention of You in death; In Sheol who will give You thanks?

<sup>6</sup>I am weary with my sighing; Every night I make my bed swim, I dissolve my couch with my tears.

<sup>7</sup>My eye has wasted away with grief; It has become old because of all my adversaries.

<sup>8</sup>Depart from me, all you who do iniquity, For the LORD has heard the voice of my weeping.

<sup>9</sup>The LORD has heard my supplication, The LORD receives my prayer.

<sup>10</sup>All my enemies will be ashamed and greatly dismayed; They shall turn back, they will suddenly be ashamed.”

There are seven **Psalms** considered **penitential**. (Penitence describes the state of mind of one who acknowledges and deeply regrets his wrongs and is determined to amend). No sin is beyond forgiveness if it is followed by true penitence. **Psalms 6; 32; 38; 51; 102; 130**, and **143** are all penitential psalms. They all recognize sin as the source of corruption and trouble.

The honest emotions of the author give us courage to be honest before God as well. He does not hide what he is feeling but cries out to God. David was in great danger from his enemies. In great distress, he cried to God for mercy. In the long and bitter struggle, his physical strength had deteriorated and he prayed to God for deliverance and healing (**verses 1–7**).

David knew his sin deserved punishment from a righteous God and pleaded for God's mercy. Mercy can be described as “**not receiving what we deserve.**” God is rich in mercy (**Ephesians 2:4**) and knows our sinfulness.

### **Ephesians 2:4 (NASB)**

<sup>4</sup>“But God, being rich in mercy, because of His great love with which He loved us.”

Often we do not realize we need to confess in order to receive mercy. David knew this well and admitted his weakness ([verse 2](#)). We can only receive mercy if we admit we need it.

**Psalm 6:2 (NASB)**

**<sup>2</sup>“Be gracious to me, O LORD, for I *am* pining away; Heal me, O LORD, for my bones are dismayed.”**

David’s bones and soul are vexed ([verses 2–3](#)), denoting physical, spiritual and emotional illness.

**Psalm 6:2-3 (NASB)**

**<sup>2</sup>“Be gracious to me, O LORD, for I *am* pining away; Heal me, O LORD, for my bones are dismayed.**

**<sup>3</sup>And my soul is greatly dismayed; But You, O LORD—how long?”**

Depression is a very real emotion. **Scottish reformer John Knox** confessed he passed through a dark time when his soul was filled with “**anger, wrath, and indignation, which it conceived against God, calling all His promises in doubt.**” **Martin Luther** knew periods of depression while shut up in Wartburg Castle. On one occasion Luther threw his ink-pot at the devil. Other times he shouted aloud “**I have been baptized**” and then all the devils of depression and fear were helpless.

In [verses 8](#) to [10](#) faith had triumphed.

**Psalm 6:8-10 (NASB)**

**<sup>8</sup>“Depart from me, all you who do iniquity, For the LORD has heard the voice of my weeping.**

**<sup>9</sup>The LORD has heard my supplication, The LORD receives my prayer.**

**<sup>10</sup>All my enemies will be ashamed and greatly dismayed; They shall turn back, they will suddenly be ashamed.”**

David’s prayer and weeping had been heard. In confidence David acknowledged that God had heard the voice of his weeping. God had heard his supplication, received and answered his prayer. With faith and humility, prayer should be absolute and direct. We can face even the dark night of the soul knowing that God hears our cry ([verse 6](#)).

We can depend on God to work in His time in His way for our highest good.

**Psalm 6:6 (NASB)**

**<sup>6</sup>“I am weary with my sighing; Every night I make my bed swim, I dissolve my couch with my tears.”**