

Preaching the Psalms Series

(23)

Psalm 6

How to Pray for Healing, Psalm 6:1-10

Psalm 6:1-10 (NASB)

¹ O LORD, do not rebuke me in Your anger, Nor chasten me in Your wrath.

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

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

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

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

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

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

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

⁹ The LORD has heard my supplication, The LORD receives my prayer.

¹⁰ All my enemies will be ashamed and greatly dismayed; They shall turn back, they will suddenly be ashamed.

(Psalm 6:1-10) Introduction: It is interesting to read what leaders of various religions have said about health. **Buddha** declared, “**Health is the greatest gift,**” and “**Without health, life is not life.**” Indian revolutionary and Hindu leader **Mohandas Gandhi** taught, “It is health that is real wealth and not pieces of gold and silver.” **Lao Tzu**, the founder of Taoism stated, “**Health is the greatest possession.**”

Sadly, these all turned to powerless sources as the wellspring of health. Their false philosophies revolve around false gods, impotent figures that cannot grant, preserve, or restore health. They worshipped fictitious idols that can do nothing to heal.

The one true God, however, declares Himself to be a healing God (Exodus 15:26).

Exodus 15:26 (NASB)

²⁶ “And He said, “If you will give earnest heed to the voice of the LORD your God, and do what is right in His sight, and give ear to His commandments, and keep all His statutes, I will put none of the diseases on you which I have put on the Egyptians; for I, the LORD, am your healer [*Jehovah Rapha*].”

He revealed Himself as *Jehovah Rapha*, the Lord who heals. In this psalm, David turned to Him when his body was racked with intense pain and his soul was plagued with severe depression. He believed, as we must believe, that God had the power to heal him.

Scripture does not disclose the specific historical setting of this psalm. The heading identifies its author as David, who composed it to be sung in the congregation. *Neginoth*

means it is to be accompanied with stringed instruments. *Sheminith* means *the eighth* and is apparently a reference to the octave in which it is to be performed. [Psalm 6](#) is a great consolation to those who are suffering and a great encouragement for us to cry out to God when we are sick. This psalm is a great teacher on the subject of sickness, faith, and healing.

This is, *How to Pray for Healing*, [Psalm 6:1-10](#).

- 1. Ask God not to rebuke or discipline you in anger (judgment): Ask Him to correct you in love (v. 1).**
- 2. Pray for God to heal you (vv. 2-7).**
- 3. Declare your confidence in God (vv. 8-10).**

1. ([Psalm 6:1](#)) Ask God not to rebuke or discipline you in anger (judgment): Ask Him to correct you in love.

[Psalm 6:1 \(NASB\)](#)

¹“O LORD, do not rebuke me in Your anger, Nor chasten me in Your wrath.”

Apparently, God was using pain to discipline David because of some sin in his heart and life. David discerned this fact; therefore, he offered up this prayer to the Lord. We need to remember, however, that not all sickness is due to sin.

⇒Ill health can be due to the fact that we live in a corruptible world, which means that we bear the normal sufferings of accidents and diseases and an aging and dying body.

⇒Scripture teaches that ill health can also be due to satanic attack. Two examples are Job’s illness ([Job 2:7](#)) and Paul’s nagging thorn in the flesh which is described as the messenger of Satan ([2 Corinthians 12:7](#)).

[Job 2:7 \(NASB\)](#)

⁷“Then Satan went out from the presence of the LORD and smote Job with sore boils from the sole of his foot to the crown of his head.”

[2 Corinthians 12:7 \(NASB\)](#)

⁷“Because of the surpassing greatness of the revelations, for this reason, to keep me from exalting myself, there was given me a thorn in the flesh, a messenger of Satan to torment me—to keep me from exalting myself!”

⇒Scripture also teaches that the Lord disciplines us because of our sin by allowing us to suffer illness and pain. For example, the Lord told the Israelites that if they did what was right and obeyed His commandments, He would spare them from the diseases He had inflicted upon the Egyptians in judgment ([Exodus 15:26](#)).

[Exodus 15:26 \(NASB\)](#)

²⁶“And He said, “If you will give earnest heed to the voice of the LORD your God, and do what is right in His sight, and give ear to His commandments, and keep all His statutes, I will put none of the

diseases on you which I have put on the Egyptians; for I, the LORD, am your healer [*Jehovah Rapha*].”

In the New Testament, James exhorted the sick and afflicted to confess their sins ([James 5:13-16](#)).

[James 5:13-16 \(NASB\)](#)

¹³ “Is anyone among you suffering? *Then* he must pray. Is anyone cheerful? He is to sing praises.

¹⁴ Is anyone among you sick? *Then* he must call for the elders of the church and they are to pray over him, anointing him with oil in the name of the Lord;

¹⁵ and the prayer offered in faith will restore the one who is sick, and the Lord will raise him up, and if he has committed sins, they will be forgiven him.

¹⁶ Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much.”

Sickness and pain can have a profound effect on our attitude toward God and our understanding of His ways. David pled with the Lord not to discipline him in *anger* or *wrath*. His perspective toward God’s attitude in afflicting him was seriously flawed. God never flies into a rage nor does He strike us, His sons and daughters. He is a loving Father who desires our obedience and happiness. He first *rebukes* us—that is, He warns us of our sin and its impending consequences. This is done through His Word ([John 15:3](#); [John 17:17](#); [Ephesians 5:26](#)) and His Holy Spirit who convicts us of sin ([John 16:8](#)).

[John 15:3 \(NASB\)](#)

³ “You are already clean because of the word which I have spoken to you.”

[John 17:17 \(NASB\)](#)

¹⁷ “Sanctify them in the truth; Your word is truth.”

[Ephesians 5:26 \(NASB\)](#)

²⁶ “So that He might sanctify her, having cleansed her by the washing of water with the word.”

[John 16:8 \(NASB\)](#)

⁸ “And He, when He comes, will convict the world concerning sin and righteousness and judgment.”

If we persist in sin, He then *chastens* or disciplines us with His rod of correction. His painful discipline is not motivated by His anger, but by His love and desire for what is best for us. He wants to keep us from harming ourselves and others through sin ([Proverbs 3:11-12](#); [Hebrews 12:5-11](#); [Revelation 3:19](#)).

[Proverbs 3:11-12 \(NASB\)](#)

¹¹ “My son, do not reject the discipline of the LORD Or loathe His reproof,

¹² For whom the LORD loves He reproveth, Even as a father *corrects* the son in whom he delights.”

Hebrews 12:5-11 (NASB)

⁵“And you have forgotten the exhortation which is addressed to you as sons,
“MY SON, DO NOT REGARD LIGHTLY THE DISCIPLINE OF THE
LORD, NOR FAINT WHEN YOU ARE REPROVED BY HIM;

⁶FOR THOSE WHOM THE LORD LOVES HE DISCIPLINES, AND HE
SCOURGES EVERY SON WHOM HE RECEIVES.”

⁷It is for discipline that you endure; God deals with you as with sons; for
what son is there whom *his* father does not discipline?

⁸But if you are without discipline, of which all have become partakers, then
you are illegitimate children and not sons.

⁹Furthermore, we had earthly fathers to discipline us, and we respected
them; shall we not much rather be subject to the Father of spirits, and live?

¹⁰For they disciplined us for a short time as seemed best to them, but He
disciplines us for *our* good, so that we may share His holiness.

¹¹All discipline for the moment seems not to be joyful, but sorrowful; yet to
those who have been trained by it, afterwards it yields the peaceful fruit of
righteousness.”

Revelation 3:19 (NASB)

¹⁹“Those whom I love, I reprove and discipline; therefore be zealous and
repent.”

Thought 1. The first thing we should do when afflicted with illness is examine our hearts for unconfessed and unrepented sin. David recognized that sin in his life was the reason for his suffering. However, some believers find it difficult to admit that some sin is the cause of their suffering, especially sins such as gluttony, selfishness, immorality, negative attitudes, and a host of others that look good, feel good, and boost one’s ego ([1 John 2:15-16](#)).

1 John 2:15-16 (NASB)

¹⁵“Do not love the world nor the things in the world. If anyone loves the
world, the love of the Father is not in him.

¹⁶For all that is in the world, the lust of the flesh and the lust of the eyes and
the boastful pride of life, is not from the Father, but is from the world.”

But, unless our hearts and consciences have become hardened and seared beyond feeling, we know when we are living in disobedience to God. God’s indwelling Spirit is never slack in convicting us when we are guilty of sin.

If we are wise, we will heed the rebuke of the Spirit and repent of sin before discipline (chastening) becomes necessary. But be assured of this: God will not turn a blind eye to persistent sin in our lives. He loves us too much to allow us to hurt ourselves, others, and His work by continuing in sin.

When suffering, it is easy to become angry or resentful toward God. But we must always remember this truth: God loves us enough to correct us, even as an earthly parent who loves his or her children corrects them.

1 Corinthians 11:30-32 (NASB)

³⁰ “For this reason many among you are weak and sick, and a number sleep.

³¹ But if we judged ourselves rightly, we would not be judged.

³² But when we are judged, we are disciplined by the Lord so that we will not be condemned along with the world.”

Hebrews 12:3-11 (NASB)

³ “For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart.

⁴ You have not yet resisted to the point of shedding blood in your striving against sin;

⁵ and you have forgotten the exhortation which is addressed to you as sons, "MY SON, DO NOT REGARD LIGHTLY THE DISCIPLINE OF THE LORD, NOR FAINT WHEN YOU ARE REPROVED BY HIM;

⁶ FOR THOSE WHOM THE LORD LOVES HE DISCIPLINES, AND HE SCOURGES EVERY SON WHOM HE RECEIVES."

⁷ It is for discipline that you endure; God deals with you as with sons; for what son is there whom *his* father does not discipline?

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¹⁶ Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much.”

Revelation 3:19 (NASB)

¹⁹ “Those whom I love, I reprove and discipline; therefore be zealous and repent.”

Psalms 119:67 (NASB)

⁶⁷ “Before I was afflicted I went astray, But now I keep Your word.”

Psalms 119:71 (NASB)

⁷¹ “It is good for me that I was afflicted, That I may learn Your statutes.”

Jeremiah 46:28 (NASB)

²⁸ “O Jacob My servant, do not fear,” declares the LORD, “For I am with you. For I will make a full end of all the nations Where I have driven you, Yet I will not make a full end of you; But I will correct you properly And by no means leave you unpunished.”