

# Preaching the Psalms Series

(25)

## Psalm 6

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

#### 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.

**(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)

<sup>26</sup> “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).**

### **3. ([Psalm 6:8-10](#)) Declare your confidence in God.**

**[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.”**

Somewhere between [verses 7](#) and [8](#) something changed in David’s heart.

**[Psalm 6:7-8 \(NASB\)](#)**

**<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.”**

Some scholars think that these verses were added to the psalm at a later time, after David had been healed. However, nothing in the text indicates this. David’s prayer has not yet changed his circumstances, but it has changed him.

**First**, he has released his suffering to the Lord. All of his senses and emotions—intense pain, despair, depression, agony, anguish—have been deposited at the throne of grace. His misery is no longer his alone to bear. He has cast his burden upon the Lord, and God is sustaining him ([Psalm 55:22](#)).

**[Psalm 55:22 \(NASB\)](#)**

**<sup>22</sup>“Cast your burden upon the LORD and He will sustain you; He will never allow the righteous to be shaken.”**

**Second**, his fellowship with God has been restored. He no longer feels alienated from God. Although it is not specifically recorded in this psalm as in others ([Psalm 32](#), [51](#)), David has confessed his sin and has been restored to a right relationship with God. The Lord has heard and accepted his prayer ([v. 9](#)).

**Psalm 6:9 (NASB)**

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

This indicates that he is no longer cherishing iniquity in his heart ([Psalm 66:18](#); [Proverbs 28:9](#)).

**Psalm 66:18 (NASB)**

<sup>18</sup>“If I regard wickedness in my heart, The Lord will not hear.”

**Proverbs 28:9 (NASB)**

<sup>9</sup>“He who turns away his ear from listening to the law, Even his prayer is an abomination.”

**Third**, God has answered David with His unexplainable peace ([Philippians 4:6-7](#)).

**Philippians 4:6-7 (NASB)**

<sup>6</sup>“Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

<sup>7</sup>And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.”

The balm of God’s sweet assurance has soothed his aching soul. He is confident that he will survive this sickness, and that the Lord will raise him up in triumph over his enemies.

**a. Rebuke your enemies because God hears your weeping (v. 8).**

**Psalm 6:8 (NASB)**

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

The encouraged king turned from beseeching God to rebuking his enemies. In bold faith, he, from his sick bed, ordered them to flee. God had heard his cries and seen his tears. David gave his foes fair warning that he would soon be on his feet again. If they were wise, they would depart before he emerged from his chamber and set upon them. Like David, we too can be bold against our enemies when we have sought the Lord and are filled with the confidence of His favor.

**b. Rest assured in the Lord—that He has heard your cry for mercy and accepted your prayer (v. 9).**

**Psalm 6:9 (NASB)**

<sup>9</sup>“The LORD has heard my supplication [[teḥinnâ](#)], The LORD receives my prayer.”

The Lord had *heard* David’s *supplication* ([tekhinnah](#))—his request for grace and favor. Note that the latter word is derived from the word for *mercies* ([khanan](#)) in [verse 1](#).

**Psalm 6:1-3 (NASB)**

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

<sup>2</sup>“Be **gracious** [**hānan**] 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?

**Psalm 6:1-3 (NKJV)**

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

<sup>2</sup>“Have **mercy** [**hānan**] on me, O LORD, for I *am* weak; O LORD, heal me, for my bones are troubled.

<sup>3</sup> My soul also is greatly troubled; But You, O LORD--how long?”

God had compassion upon David and stooped to lift him up when he was down. David had offered his desperate prayer up to God, and God had accepted it.

**c. Know that your enemies will be ashamed and troubled: They will stop attacking you (vv. 10).**

**Psalm 6:10 (NASB)**

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

David pronounced upon his enemies the same terrible anguish and pain he had experienced. The same people who rejoiced in his suffering would soon retreat in shame and disgrace. They would bear the same anguish and pain he had suffered. God had given David the inward victory, and when his body was fully restored, the outward triumph would come to pass.

**Thought 1.** **Psalm 6** has a very important message for us: God desires our holiness and will take whatever action is necessary to produce it in our lives. More than anything else, God desires our fellowship. When we harbor sin in our hearts, communion with Him is severed. If we continue in sin, God will chasten us because He loves us. He corrects us for our profit, to produce righteousness in our lives (**Hebrews 12:5-11**).

**Hebrews 12:5-11 (NASB)**

<sup>5</sup>“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;**

<sup>6</sup> **FOR THOSE WHOM THE LORD LOVES HE DISCIPLINES, AND HE SCOURGES EVERY SON WHOM HE RECEIVES.”**

<sup>7</sup> 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?

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

<sup>9</sup> Furthermore, 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?

<sup>10</sup> For 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.

<sup>11</sup> All 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.”

As stated earlier, chastening may be painful. The Lord may allow us to suffer some form of physical illness or weakness ([1 Corinthians 11:30-32](#)).

[1 Corinthians 11:30-32 \(NASB\)](#)

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

<sup>31</sup> But if we judged ourselves rightly, we would not be judged.

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

David’s suffering was due to some unconfessed sin. We do not know specifically what his sin was, but we know that it had persisted to the point of potentially costing him everything—his life and his kingdom. But he returned to the Lord. He called upon God to forgive and heal him, and the Lord lifted His chastening hand from David and restored him. This is the promise we have today:

[1 John 1:9 \(NASB\)](#)

<sup>9</sup> “If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.”

[Psalm 32:5 \(NASB\)](#)

<sup>5</sup> “I acknowledged my sin to You, And my iniquity I did not hide; I said, “I will confess my transgressions to the LORD”; And You forgave the guilt of my sin. Selah.”

[Psalm 116:1-5 \(NASB\)](#)

<sup>1</sup> “I love the LORD, because He hears My voice *and* my supplications.

<sup>2</sup> Because He has inclined His ear to me, Therefore I shall call *upon Him* as long as I live.

<sup>3</sup> The cords of death encompassed me And the terrors of Sheol came upon me; I found distress and sorrow.

<sup>4</sup> Then I called upon the name of the LORD: "O LORD, I beseech You, save my life!"

<sup>5</sup> Gracious is the LORD, and righteous; Yes, our God is compassionate.”

[Proverbs 28:13 \(NASB\)](#)

<sup>13</sup> “He who conceals his transgressions will not prosper, But he who confesses and forsakes *them* will find compassion.”