

Psalm 6:1-10
When Your Prayers Get Wet

Introduction: This is an individual lament psalm, as compared with a community lament. It is also regarded as a penitential psalm (cf. 32, 38, 51, 102, 130, 143), in light of the implied sin that is acknowledged. Some denominations sing this psalm during Lent.

Here we have something akin to the following: I am hurting; You are not helping; they are winning. (Ronald Allen)

1) The superscription:

- a) *To the music director.*
- b) *With stringed instruments, upon Sheminith/eighth.*
 - i) There are variety of attempts to understand this obscure phrase. 8-stringed instrument, the octave, the 8th unit of temple servants, etc.
- c) *A Psalm of David.*

2) David prays to Yahweh concerning David's suffering—6:1-5

- a) To Whom does he pray? **O Yahweh** (note the repetition of this covenant name)
- b) For what does he pray?
 - i) Don't be angry—6:1 (he doesn't know exactly why he is suffering)
 - (1) The problem of anger—**Do not rebuke me in Your anger**
 - (2) The problem of wrath—**Do not discipline me in Your wrath**
 - (3) The anger of his enemies did not concern him as much as the anger of His God. (Allen Ross)
 - (4) Remember Prov. 3:11-12; Heb. 12:4-11
 - ii) Do be kind—6:2-3 (the Lament of his agonizing suffering)
 - (1) The problem of weakness—**Be gracious to me, O Yahweh**
 - (a) Why? *because I am withering away*
 - (2) *The problem of fear—Heal me, O Yahweh*, (the healing is not just physical, notice that the suffering impacts the entirety of his person)
 - (a) Why?
 - (i) *because my bones are shaking* (from fear)
 - (ii) *My soul is also greatly shaking*
 - (b) The problem of time—*But You, O Yahweh—how long?*
 - (i) The question is unfinished.
 - iii) A series of 3 short prayers—6:4-5
 - (1) His abbreviated requests—6:4 (he interprets his suffering as terminal)
 - (a) A sense of desertion—**Return, O Yahweh**
 - (b) A sense of danger—**Rescue my soul**
 - (c) A sense of defeat—**Deliver me**
 - (2) His two reasons—6:5
 - (a) He is confident in God's covenant loyalty—*for the sake of Your loyal-love*

- (i) Remember 2 Sam. 7:8-17.
- (b) He wants God to be praised
 - (i) *Because there is no remembrance of You in death*
 - (ii) *Who is Sheol can give You praise?*
- (3) If God desires that David praise him for His faithful love, then God would have to show him that faithful love by delivering him. Thus God would be glorified and the faith of the people strengthened. (Ross)

3) David describes his emotional response to his situation—6:6-7

- a) Verbal expression of sorrow—6:6a *I am weary with my groaning*
- b) Expressions of sorrow through hyperbole—6:6b (Cf. Ps. 56:8)
 - i) *I flood my bed every night*
 - ii) *I saturate my couch with my tears*
- c) Physical expression of sorrow—6:7
 - i) My response to injustice—*My eye has become weak because of angry grief*
 - ii) My response to being a victim—*It grows old because of all my enemies.*
 - (1) Sometimes suffering seems to make us age more rapidly.

4) David talks to his enemies—6:8-10

- a) He orders them to leave because God answers prayer—6:8 *Depart from me, all you workers of wickedness* (quoted by Jesus in Matt. 7:23; Luke 13:27)
 - i) Why? because **Yahweh** has heard [Qal pf.] *the sound of my weeping*
 - (1) What a way to describe prayer!
- b) He informs them of answered prayer—6:9
 - i) **Yahweh** has heard [Qal pf.] *my supplication* (for grace)
 - ii) **Yahweh** accepts [Qal impf.] *my prayer*
 - (1) He has not only heard, but He has approved the request.
- c) He knows them; he is confident of the future defeat of his enemies—6:10
 - i) God will reverse my earlier circumstances—*All my enemies will be publicly shamed and greatly shaken*
 - (1) Like I was earlier (6:2-3)
 - (2) This comes from being disappointed of all one hoped for.
 - ii) God will work in their lives unexpectedly—*They will return and be publicly shamed suddenly.*

5) Things for us to remember:

- a) Remember, not all physical illness or social affliction is because of our sin.
- b) Like David, we must cling in faith to God's covenant. He will do as He promised.
- c) Like Jesus, we may pray in tearful faith—Heb. 5:7