

PSALM 6

How to ride the storm

- “If you’re happy and you know it, clap your hands!” ¹

The SUFFERING of the King and his people (v1-7)

- emotional ²

- spiritual ³

- physical

- relational ⁴

The CONFIDENCE of the King & his people (v8-10)

- the LORD will deliver him ⁵

- his enemies will depart from him ⁶



Discussion questions

‘Singing songs to a heavy heart’ – have you experienced that or even done it yourself to others? What do you make of the idea of using the psalms of lament?

¹ Proverbs 25:20; Romans 12:15; James 5:13

² Isaiah 53:3; John 5:39; Luke 24:44; 1 Peter 1:11

³ John 12:27

⁴ Hebrews 12:3

⁵ Hebrews 5:7

⁶ Matthew 7:21; 25:41; Luke 13:27