

## PSALM 6

### *A Psalm of David.*

<sup>1</sup> O LORD, rebuke me not in your anger, nor discipline me in your wrath. <sup>2</sup> Be gracious to me, O LORD, for I am languishing; heal me, O LORD, for my bones are troubled. <sup>3</sup> My soul also is greatly troubled. But you, O LORD—how long?

<sup>4</sup> Turn, O LORD, deliver my life; save me for the sake of your steadfast love. <sup>5</sup> For in death there is no remembrance of you; in Sheol who will give you praise? <sup>6</sup> I am weary with my moaning; every night I flood my bed with tears; I drench my couch with my weeping. <sup>7</sup> My eye wastes away because of grief; it grows weak because of all my foes.

<sup>8</sup> Depart from me, all you workers of evil, for the LORD has heard the sound of my weeping. <sup>9</sup> The LORD has heard my plea; the LORD accepts my prayer. <sup>10</sup> All my enemies shall be ashamed and greatly troubled; they shall turn back and be put to shame in a moment.



### 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?*

---

Next week:  
Series: Songs for life  
Title: How to face injustice (Psalm 7)  
Speaker: Marcus Nodder

## SONGS FOR LIFE

### How to ride the storm

---

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

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

- emotional <sup>2</sup>
- spiritual <sup>3</sup>
- physical
- relational <sup>4</sup>

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

- the LORD will deliver him <sup>5</sup>
- his enemies will depart from him <sup>6</sup>

---

<sup>1</sup> Proverbs 25:20; Romans 12:15; James 5:13

<sup>2</sup> Isaiah 53:3; John 5:39; Luke 24:44; 1 Peter 1:11

<sup>3</sup> John 12:27

<sup>4</sup> Hebrews 12:3

<sup>5</sup> Hebrews 5:7

<sup>6</sup> Matthew 7:21; 25:41; Luke 13:27