

PSALM 6

A Psalm of David.

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

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

⁸ Depart from me, all you workers of evil, for the LORD has heard the sound of my weeping. ⁹ The LORD has heard my plea; the LORD accepts my prayer. ¹⁰ 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!” 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

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