

PSALM 6 – Deliverance in Trouble - A Prayer of Faith in Time of Distress!

5/25/19 – Sat. Morn. Prayer - P. Twente, 714 425-9221; ptwente@gmail.com www.ptwente.com

GUIDE ME, O THOU GREAT JEHOVAH! –William Williams – sung by Joslin Grove Choral Group

1 Guide me, O Thou great Jehovah, Pilgrim through this barren land; I am weak, but Thou art mighty, Hold me with Thy pow'rful hand. Bread of heaven, Bread of heaven, Feed me till I want no more; Feed me till I want no more.

2 Open now the crystal fountain, Whence the healing stream doth flow; Let the fire and cloudy pillar Lead me all my journey through. Strong Deliv'rer, strong Deliv'rer, Be Thou still my Strength and Shield; Be Thou still my Strength and Shield.

3 When I tread the verge of Jordan, Bid my anxious fears subside; Death of death and hell's Destruction, Land me safe on Canaan's side. Songs of praises, songs of praises, I will ever give to Thee; I will ever give to Thee.

Psalm 6:1-10 - DELIVERANCE IN TROUBLE

This is the first of the *Penitential* Psalms, the other six being [Psa 32:1-11](#); [Psa 38:1-22](#); [Psa 51:1-19](#); [Psa 102:1-28](#); [Psa 130:1-8](#); [Psa 143:1-12](#). The earliest verses are a wail, but the psalm ends in a song. It is like a day of rain which clears at evening. *Sheminith* is a musical term signifying “octave.”

The elements of the psalmist's sorrow are given in [Psa 6:1-7](#). The pressure of God's displeasure, soul-anguish, sickness, soul-depression, an enemy's opposition—all these were ingredients in his cup of bitterness. How touching the plea—*I am weak!* How expressive the broken sentence, so often on Calvin's lips—*How long!* And that prayer, *O Lord, heal me*, includes the mental as well as the physical.

The certainty of deliverance looms in sight in [Psa 6:8-10](#). The consciousness of having been heard steals over the soul as a glint of light in the hospital ward. The answer may not be at hand, but it is sure, [1Jn 5:15](#). Weeping has a voice: God interprets sighs. The R.V. turns the imprecation of [Psa 6:10](#) into prediction. When God returns to us, because we return to Him, our enemies turn back.

O Lord, Deliver My Life- A Psalm of Repentance

Psa 6:1 To the Chief Musician. With Stringed Instruments. On An Eight-Stringed Harp. A Psalm of David.

O LORD, do not rebuke me in Your anger, We don't know what the occasion of sin was, but David was conscious of it and sensed he was under the rebuke of God. So, he cried out to God to lighten the chastisement

Nor chasten me in Your hot displeasure. God's chastening hand is not primarily an indication of His displeasure, but it is a mark of adoption. [Heb 12:7!](#) When God corrects us it doesn't feel pleasant, but it is good and for our good.

Psa 6:2 Have mercy on me, O LORD, for I am weak; David knew the trial of physical weakness and pain. In the midst of this kind of chastisement, he cries out to God for mercy. The confession, *O Lord, I'm just weak. Your servant is weak. You know I'd like to be strong, but I fail. I am weak. The Lord knows our frame and He knows we're but dust. We're the only ones that are fooled by ourselves. We think that we can handle it. The angels are saying, Oh no.*

O LORD, heal me, for my bones are troubled. The effective sin upon the human body! His bones are troubled! The very inward part of his body, his, as well as ours, is affected by our sin.

Psa 6:3 My soul also is greatly troubled; But You, O LORD—how long? How long before I'm freed from this heavy consciousness of my guilty? David sensed he was under the chastisement of God, but he still knew he should ask God to shorten the trial. God wants us to long for higher ground and to use that longing to motivate us to seek Him and get things right with Him. Words failed and grief overcame the little comfort that had come over him. He still had hope, but that hope only was in the LORD. This should be our hope as we wait for His Second Coming!

Psa 6:4 Return, O LORD, deliver me! Oh, save me for Your mercies' sake! David, in agony, pleads for deliverance - but on the grounds of God's mercy, not his own righteousness. David knew that the LORD's chastisement was righteous, but he also knew that God is rich in mercy. The Lord had promised to the children of Israel that he was doing it not because they deserved it, but because of His mercies and for His mercies sake. And sometimes for Abraham, not because of your righteousness, but for my mercy's sake. So David is not really here pleading his just cause, he's just casting himself on the mercy of God and asking God's salvation for His mercy's

sake. The fact that David appeals to the mercy of God for deliverance is evidence that he is aware that he doesn't *deserve* it.

Psa 6:5 For in death there is no remembrance of You; In the grave who will give You thanks? There's no praise services, no thanksgiving services there. So Lord, for your mercy's sake, deliver me. I am weary with my groaning. He called it a hyperbole, it's a figurative speech which is exaggeration. We should not take these agonized words of David as evidence that there is no life beyond this life. The Old Testament did not have a clear understanding of the world beyond. We see the uncertainty David shows here.

Psa 6:6 I am weary with my groaning; All night I make my bed swim; I drench my couch with my tears. David's determined resolution: God's chastising hand was heavy upon him. His life seemed to be nothing but tears and misery. David's trial has at least three things: He felt God was angry with him, he lacked a sense of God's presence, and he couldn't sleep....***my bed to swim***. My tears are so many that my bed is afloat in my room.

Psa 6:7 My eye wastes away because of grief; It grows old because of all my enemies. David's eyes were red and sore from all the tears and lack of sleep. **Because of all my enemies:** David is brought so low that his enemies no longer spur him to seize victory. He seems depressed and discouraged.

Psa 6:8 Depart from me, all you workers of iniquity; For the LORD has heard the voice of my weeping. What a sudden change is here for the better! He that was groaning, and weeping, and giving up all for gone (***Psa 6:6, Psa 6:7***), here looks and speaks very pleasantly. Having made his requests known to God, and lodged his case with him, he is very confident the issue will be good and his sorrow is turned into joy. ***He has heard*** my prayer! He ***has heard the voice of my weeping***. David ends the Psalm on a note of confidence. He made his agonized cry to God, and God heard him. "Is it not sweet to believe that our tears are understood even when words fail! Let us learn to think of tears as liquid prayers." (Spurgeon).

Psa 6:9 The LORD has heard my supplication; The LORD will receive my prayer. The past work of God builds faith and confidence in the continued or future work of God. Paul said, ***2Co 1:10 Who delivered us from so great a death, and doth deliver: in whom we trust that he will yet deliver us;*** Looking back, we see the hand of God. He's been good; He's delivered us! He's helped us! He's brought us this far, giving us great confidence for the future. If God has heard us, then I know that He will hear me. If God has helped me, then I know He shall yet help me. I don't really worry about tomorrow, because I'm confident in the past in what God has done and what He is doing and it gives me assurance for I know that God will not forsake the work of His hands. But he will perfect that which concerns me. So that continued work of God of which David now becomes confident.

Psa 6:10 Let all my enemies be ashamed and greatly troubled; Let them turn back and be ashamed suddenly. David knows that when God receives his prayer, it will be trouble for his enemy. He now sees that his temporary agony and *trouble* gives way to a *permanent* agony and trouble for his enemies.

SUMMARY:

In singing this Psalm, and praying over it, we must give glory to God, as a God ready to hear prayer. We must own His goodness to us in hearing our prayers, and must encourage ourselves to wait upon Him; to trust in Him, in our greatest trials, afflictions and difficulties!

How Great Thou Art – Stuart Hine – Phil Wickham

PRAY FOR OUR NATION'S LEADERS: PRAY FOR CALIFORNIA: PRAY FOR WORLD LEADERS: - Pray for World Leaders, especially their salvation, including: Xi Jinping – China; Narendra Modi- India; Donald Trump – USA; Joko Widodo - Indonesia; Jair Bolsonaro - Brazil; Arif Alvi - Pakistan; Muhammadu Buhari - Nigeria; Hasina Wazed - Bangladesh; Vladimir Putin- Russia; Lopez Obrador – Mexico; Benjamin Netanyahu – Israel; Angela Merkel – Germany; Theresa May – U.K.; Kim Jong-un – North Korea; Moon Jae-in – South Korea.

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