

Psalm 6

Psalms 6:1-3 [NIV] *“O LORD, do not rebuke me in your anger or discipline me in your wrath. Be merciful to me, LORD, for I am faint; O LORD, heal me, for my bones are in agony. My soul is in anguish. How long, O LORD, how long?”*

This is the first of seven penitential Psalms where the writer humbly realises his predicament, which is the result of sin and expresses sorrow over it, and demonstrates a fresh commitment to remain close to the Creator God.

King David accepted the situation he had got himself into and begged God **not** to discipline him in anger.

King David recognised that if God treated him with justice alone and **not** with mercy, he would be wiped out by God’s wrath.

Too often we want to show mercy to ourselves but justice to all who hurt or offend us in any way.

This Psalm further stresses the same message as the preceding three, that the right response to trouble is to pray to our Creator God.

Although the Psalmist was oppressed by other human beings, his primary fear was that his offence had so displeased his Creator God that he had become His enemy.

This prayer/psalm is based on three appeals for the Creator God to respond.

The first avenue of his plea [verses 1-3] is for his present condition as a weak physical human being and the anguish that was expressed in his physical body, his mind and human spirit. All were on the verge of breakdown and he was terrified.

For this extreme condition he was using prayer as a tranquiliser to avoid complete breakdown in what seemed a hopeless condition.

Psalms 6:4-5 [NIV] *“Turn, O LORD, and deliver me; save me because of your unfailing love. No-one remembers you when he is dead. Who praises you from his grave?”*

The second avenue of his plea was to remind the Creator God of his own character and nature. Also knowing the Creator God’s desire for all human beings.

Ezekiel 33:11 [NIV] *“Say to them, ‘As surely as I live, declares the Sovereign LORD, I take no pleasure in the death of the wicked, but rather that they turn from their ways and live. Turn! Turn from your evil ways! Why will you die, O house of Israel?’”*

The Creator God, because of His great love for all human beings, finds no pleasure in being forced to destroy the un-repentant wicked.

2 Peter 3:9 [NIV] *“The Lord is not slow in keeping his promise, as some understand slowness. He is patient with you, not wanting anyone to perish, but everyone to come to repentance.”*

The goal that the Creator God has that all humans will come to the position of humble repentance so that He can offer them an eternal place in the family He is in the process of creating.

The third avenue of his prayer is King David playing his only ace card. If the Creator God only offers justice, then **no** longer will he be able to praise Him for all his blessings or remind other people how the Creator God had blessed him, for he will be dead.

Ecclesiastes 9:5-6 [NIV] *“For the living know that they will die, but the dead know nothing; they have no further reward, and even the memory of them is forgotten. Their love, their hate and their jealousy have long since vanished; never again will they have a part in anything that happens under the sun.”*

This means that until a resurrection we have **no** contact with other human beings, or any influence on what is happening on earth.

Psalms 146:4 [NIV] *“When their spirit departs, they return to the ground; on that very day their plans come to nothing.”*

On the day that our human spirit leaves our physical body all future plans we had will end. [**Luke 12:16-21**]

Ecclesiastes 12:7 [Amplified Bible] *“Then [at death] shall the dust [of which God made man’s body] return to the earth as it was, and the spirit [human spirit] shall return to God Who gave it.”*

All who die will have to wait for a resurrection before they have any experience of existence.

Psalms 6:6-7 [NIV] *“I am worn out from groaning; all night long I flood my bed with weeping and drench my couch with tears. My eyes grow weak with sorrow; they fail because of all my foes.”*

This shows the intensity of the pleading to the Creator God to extend His mercy. This was **not** a recorded prayer or a ritual prayer but a plea that came from deep inside.

This is a prayer of a person who is beyond any self-help or human advice.

Psalms 6:8-10 [NIV] *“Away from me, all you who do evil, for the LORD has heard my weeping. The LORD has heard my cry for mercy; the LORD accepts my prayer. All my enemies will be ashamed and dismayed; they will turn back in sudden disgrace.”*

Throughout scripture we are reminded that salvation from the result of our sin **only** comes from our Saviour Jesus Christ and the love and mercy of the Triune God. [**Acts 4:12**]

Having thrown himself on the mercy of the Creator God, King David’s confidence is restored because he already knows through experience the very love and mercy of God.

To King David this forgiveness by the Creator God has given him an opportunity to witness to, even his enemies, how merciful the Creator God could be towards them if they repent and turn to Him for forgiveness.

1 Peter 3:8-17 [NIV] *“Finally, all of you, live in harmony with one another; be sympathetic, love as brothers, be compassionate and humble. Do not repay evil with evil or insult with insult, but with blessing, because to this you were called so that you may inherit a blessing. For, ‘Whoever would love life and see good days must keep his tongue from evil and his lips from deceitful speech. He must turn from evil and do good; he must seek peace and pursue it. For the eyes of the Lord are on the righteous and his ears are attentive to their prayer, but the face of the Lord is against those who do evil.’ Who is going to harm you if you are eager to do good? But even if you should suffer for what is right, you are blessed. ‘Do not fear what they fear; do not be frightened.’ But in your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect, keeping a clear conscience, so that those who speak maliciously against your good behaviour in Christ may be ashamed of their slander. It is better, if it is God’s will, to suffer for doing good than for doing evil.”*

We should take every opportunity to express to any other human beings who ask why we live the life we do as a Christian and the hope we have for the future through our Saviour Jesus Christ.

Revelation 12:11 [Amplified Bible] *“And they [Christians v10] have overcome conquered him [Satan v9] by means of the blood of the Lamb [Jesus Christ John 1:29, 36] and by the utterance of their testimony, for they did not love and cling to life even when faced with death, holding their lives cheap till they had to die for their witness.”*

If we surrender our lives to our Creator God, just as King David did, we also can be used by God as a witness to others as to how loving and merciful the Creator God is.

John 3:19-21 [NIV] *“This is the verdict: Light has come into the world, but men loved darkness instead of light because their deeds were evil. Everyone who does evil hates the light, and will not come into the light for fear that his deeds will be exposed. But whoever lives by the truth comes into the light, so that it may be seen plainly that what he has done has been done through God.”*

Just as the moon reflects the light of the sun and brings light to a darkened world, so can we if we are constantly walking in the presence of Jesus Christ, as King David did, as many of the Psalms we are studying will show. [**2 Corinthians 4:6; Matthew 5:14-16**]