

# Psalm 6

## My Tears

Turning to God v. 1-7  
Choosing to Trust v. 8-10

Psalm 6  
My Tears

Psalm 16  
He Is At My Right Hand



Refuge —> Counselor —> Path of Life —> Fullness of Joy

For the choir director; with stringed instruments,  
upon an eight-string lyre. A Psalm of David.

Psalm 6:1 O LORD, do not rebuke me in Your anger,  
Nor chasten me in Your wrath.

2 Be gracious to me, O LORD, for I am pining away;  
Heal me, O LORD, for my bones are dismayed.

3 And my soul is greatly dismayed; But You, O LORD—how long?

4 Return, O LORD, rescue my soul;  
Save me because of Your lovingkindness.

5 For there is no mention of You in death;  
In Sheol who will give You thanks?

6 I am weary with my sighing; Every night I make my bed swim,  
I dissolve my couch with **my tears**.

Psalm 16:7 My eye has wasted away with grief;

It has become old because of all my adversaries.

8 Depart from me, all you who do iniquity,

For the LORD has heard the voice of my weeping.

9 The LORD has heard my supplication,

The LORD receives my prayer.

10 All my enemies will be ashamed and greatly dismayed;

They shall turn back, they will suddenly be ashamed.

Psalm 6:1 O LORD, do not **rebuke** me in Your anger,  
Nor **chasten** me in Your wrath.

## 1. Discipline

While the Lord disciplines those He loves,  
David is asking it not be angry chastening.

Psalm 6:1 O LORD, do not **rebuke** me in Your anger,  
Nor **chasten** me in Your wrath.

2 **Be gracious** to me, O LORD, for I am pining away;  
**Heal** me, O LORD, for my bones are **dismayed**.

1. Discipline
2. Dismayed

The process of sanctification is not painless.

Psalm 6:3 And my soul is greatly dismayed;  
But You, O LORD—**how long?**

### 3. Delay

Have you ever felt like God was letting you languish in sin,  
pain or depression?

Psalm 6:4 Return, O LORD, rescue my soul;

**Save me because of Your lovingkindness.**

5 For there is no mention of You in death;

In Sheol who will give You thanks?

4. Deliverance Requested

David is crying out for Yahweh to save him for mercies' sake.

Psalm 6:6 I am weary with my sighing;

Every night I make my bed swim,

I dissolve my couch with **my tears**.

7 My eye has wasted away with grief;

It has become old because of all my adversaries.

## 5. Discussion of Tears

We hear the deep anguish.

Psalm 16:8 Depart from me, all you who do iniquity,  
For the LORD has heard the voice of my weeping.

9 The LORD has heard my supplication,

**The LORD receives my prayer.**

10 All my enemies will be ashamed and greatly dismayed;  
They shall turn back, they will suddenly be ashamed.

1. God hears our weeping and sees our tears...  
what breaks your heart today?

Psalm 16:8 Depart from me, all you who do iniquity,  
For the LORD has heard the voice of my weeping.

9 The LORD has heard my supplication,

**The LORD receives my prayer.**

10 All my enemies will be ashamed and greatly dismayed;  
They shall turn back, they will suddenly be ashamed.

1. God hears our weeping and sees our tears...

what breaks your heart today?

2. God hears our lament and supplication....

what are you praying about today?

Psalm 16:8 Depart from me, all you who do iniquity,  
For the LORD has heard the voice of my weeping.

9 The LORD has heard my supplication,

**The LORD receives my prayer.**

10 All my enemies will be ashamed and greatly dismayed;  
They shall turn back, they will suddenly be ashamed.

1. God hears our weeping and sees our tears...

what breaks your heart today?

2. God hears our lament and supplication....

what are you praying about today?

3. God receives our prayers...who are you trusting today?