

**February 15, 2026**

**Psalm 6**

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.

“It is not possible to be certain of the original setting in which the psalm arose. It seems best to take the psalm as an expression of deep personal anguish.”

-Willim VanGemeren

“The Psalmist is very conscious that he deserves to be rebuked, and he feels, moreover, that the rebuke in some form or other must come upon him, if not for condemnation, yet for conviction and sanctification.”

-Charles Spurgeon



## Praying Our Way Through Pain Psalm 6

**BIG IDEA:** If gospel confidence is rooted in God’s lavish grace and steadfast love toward us in Jesus Christ, then seasons of overwhelming pain and tears become invitations to honest prayer rather than silent sulking.

Or to say it more simply, Gospel confidence turns pain into prayer

### OUTLINE

1. Prayer for God’s Deliverance (verses 1-7)
2. Confidence in God’s Answer (verses 8-10)

## DISCIPLESHIP DURING THE WEEK

These “Sermon Discussion Questions” are designed for study during the week for believers in a wide variety of ages & stages in their walk with Christ.

1. How do you respond when you are in pain? Do you internalize pain instead of verbalizing it?
2. Read verses 1-7. What is your first call when pain gets intense? Is it distraction, self-soothing, scrolling, venting, analyzing, medicating, fixing, or numbing? Do you text friends, consult experts, replay scenarios, or rehearse arguments? How does Psalm 6:1-7, David’s example, motivate you to pray first?
3. From verses 1-7, what does David ask the Lord to do for him?
4. What does David affirm about the Lord in verses 7 and 8?
5. If a friend were to ask you, “How do you know that God hears our prayers?” What is David’s confidence that God hears our prayers? (Refer to verse 4).
6. What else about God’s character and concern for David do you see in verse 2?
7. In light of David’s sins, what confidence can you find that the Lord loves you with steadfast love even when you are suffering the pain of your own sins?

## **HISTORICAL CONTEXT**

We know that David wrote this song. But precisely why he wrote it, we do not know. Yet we do know that something happened, something that caused David a lot of pain and tears. In speaking about Psalm 6, Willem VanGemenen writes: “It is not possible to be certain of the original setting in which the psalm arose. It seems best to take the psalm as an expression of deep personal anguish.”

- Pastor Bill

***Praise to Jesus*** – Gracious and merciful Father, we praise You as the God of steadfast love and lavish grace, who hears the cries of the weary and does not turn away from our tears.

***Repent through Jesus*** – We confess that in our pain, we often withdraw in silence, doubt Your nearness, or look for comfort everywhere except in You; forgive us for trusting our instincts more than Your promises and our coping more than Your care. Thank You that in Jesus Christ, Your mercy has been fully revealed, Your compassion has been proven at the cross, and Your love toward us is secure forever.

***Consecration for Jesus*** – Now consecrate us by Your Spirit: teach us to bring our sorrow honestly to You, to trust confidently that You hear and will answer, and to rest our hope in Christ alone, who turns our tears into prayer and our weakness into faith. Through Jesus we pray, amen!!!

## FOR FAMILIES AND YOUNG CHILDREN

These questions are written to aid parents in leading family devotions with their children.

1. What do you do when you are sad to help you try to feel better? (This Psalm of David was written when he was sad and can be a great model for our prayers during times of sadness. Talk with your children about going to God in prayer when they are sad.)
2. What does David use as his basis in verses 1-2 for asking God to help him? (He appeals to God's grace, and he asks that God not judge him based on God's righteousness. This indicates that David did something wrong. He knows that he does not deserve God's forgiveness but needs God's grace.)
3. Read verses 7-10. What do these verses warn us about when we are sad? (These verses speak of enemies who try to discourage David when he is sad for doing something wrong. This is an important reminder to cling to God's promises of forgiveness, such as 1 John 1:8-9 or 2 Corinthians 5:21, or Romans 5:10. These verses remind us of the truth that God is serious about our sin but has provided a way to be forgiven through trusting in the person and work of Jesus. This is the good news of great joy that Jesus takes on our sin and gives us His righteousness.)
4. What did you learn from this Psalm about how you may pray when you are sad? What did you learn about God and yourself?

Recommended Resource to study the Psalms with your children:

*WonderFull: Ancient Psalms Ever New* by Marty Machowski

Scriptures for further study:

John 16:8-11

1 John 1:8-9

2 Peter 1: 3-11

## FOR STUDENTS

Scriptures for further study:

1 John 1:8-9

Romans 5:10

2 Peter 1:3-11

John 16:8-11

Psalm 34:18

1. Think about a time when you were overwhelmed with sadness, stress, or pain. What was your instinctive response—withdrawal, distraction, anger, prayer, etc.? How does David’s example challenge or encourage you?

2. In verses 1–2, David appeals to God’s grace—not justice—as the basis of his prayer. Why is it important to remember God’s mercy when we’ve messed up?

3. In verse 6, David says, “I am weary with my moaning; every night I flood my bed with tears.” How can lament and honesty in prayer draw us closer to God rather than push us away from Him?

4. In verses 8–10, David’s tone shifts from despair to confidence. What changed? What does this teach us about praying through pain?

5. The phrase “The Lord has heard the sound of my weeping” (v. 8) is a powerful truth. How would it change your prayer life if you really believed that God listens—even to your tears?

6. Psalm 6 shows that even guilt and suffering can lead to deeper faith. What’s one area of pain or failure in your life where God might be inviting you to pray honestly and trust Him more deeply?

## FOR NON-BELIEVERS OR NEW BELIEVERS

1. David's pain here is a result of his own sin and, therefore, something he knows is deserved. But other times our pain is a result of the general sinfulness and fallenness of mankind.

Question: In either event, what does this Psalm teach us about how we should handle our pain in a healthy and biblical way?

2. David's agony is obviously quite intense. Verses 2-3 indicate that it registers in both body and soul (i.e., his whole person). He uses phrases like "worn out from sobbing," "flooding my bed with weeping," "vision blurred with grief," etc. No wonder one of the commentators (Kidner) has said that this psalm "gives words to those who scarcely have the heart to pray."

Question: How does a prolonged season of intense pain ("How long, O Lord?", v.3) often draw us closer to God? How can this mature us in our faith?

Question: Would you be willing to share your experience with your group?

3. David ultimately arrives at a place of confidence that the Lord hears his prayers.

Question: On what basis can David draw his confidence? (Look again more closely at verses 2, 4, and 5.)

4. This Psalm is a powerful reminder of the gospel. We are sinners deserving of God's rebuke and wrath. But Jesus Christ came to suffer for us and die in our place to satisfy the wrath of God. And when we believe in Christ, we can be confident that God hears our prayers for ultimate healing.

Question: Do you believe in Christ, and do you understand this good news?

Question: If you are a believer, how does reflecting on the gospel encourage you to be more confident in your prayer life?

# The Blessed Life: A Study of the Psalms



*"The Light of the World" (1851-1853) by William Holman Hunt*

## **Psalms Introduction**

The Book of Psalms is the sacred place where the living God meets His people in the most intimate and personal of ways. He invites them to know Him not merely as an idea, but as their refuge, portion, shepherd, and King. From the opening doorway of blessedness in Psalm 1 to the climactic Hallelujahs of Psalm 150, the Psalter reveals that the truly happy life is one rooted in the person and work of Almighty God, whose steadfast love holds His people through every season of the soul. As the Psalter moves from anguish to adoration, from darkness to dawn, it becomes a mirror of the Christian life itself. It teaches us to pray honestly, to hope stubbornly, and to sing faithfully, even when night seems long. In the deepest valleys, the Psalms give voice to the church's groan; on the highest heights, they train the church's doxology. And in every line, every cry, and every hallelujah, Christ Himself comes near, revealing the light of the world in the dark night of the soul and leading His people into the blessedness that only His grace can give.

– Pastor Bill

## **About the artwork and artist.**

The Light of the World, 1851-1853, is an iconic allegorical painting by William Holman Hunt. The painting depicts Jesus Christ as a regal figure in flowing robes, wearing a crown of thorns, holding a glowing lantern, and preparing to knock on a weed-overgrown wooden door with no external handle. This illustrates Revelation 3:20 from the Bible: "Behold, I stand at the door and knock; if any man hears My voice and opens the door, I will come in to him..." The artist William Holman Hunt is showing us that Jesus is the divine door to the living God who meets His people in the most intimate and personal ways. The closed, overgrown door → representing the human soul or "obstinately shut mind" that has long ignored spiritual calling. There is no handle on the outside → the door can only be opened from within, emphasizing free will and personal invitation to faith. The lantern → Christ as the light of the world (John 8:12), illuminating darkness and offering salvation. The work marked Hunt's deepening Christian faith (from earlier agnosticism) and became one of the most reproduced and devotional images of the Victorian era, inspiring oratorios, hymns, and widespread popular piety. It's often called a visual sermon on personal salvation.