BIBLE STUDY

**Becoming A Person of Prayer**

**Lesson 6B: Prayers from the Bible: Psalm 6**

**DISCUSSION**

Lord, make me an instrument of Thy peace; where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy.

Source Unknown.

Psalm 6 is one of seven poems called “penitential” psalms (6, 32, 38, 51, 102, 130, 143).

Penitent: feeling or expressing sorrow for sin or wrongdoing and disposed to atonement and amendment; repentant; contrite.

* You might recognize this word from the hymn “Come Ye Disconsolate” – “hope of the penitent…”
* Penitence - regret for one's wrongdoing or sinning; ***contrition***; repentance.
	+ See v. 17

The first psalm we studied was Psalm 51, a prayer of **repentance**.

David appealed to God’s love and compassion as he sought forgiveness and cleansing from his sin.

Psalm 6 is a prayer for **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.

David appeals to God to relieve him of the great suffering that he is experiencing.

**DISCOVERY**

**Psalm 6**

Superscription:

For the choir director: with stringed instruments, according to Sheminith. A psalm of David.

* Sheminith is an 8-stringed instrument.

The superscription is unclear as to the reason for the writing of this psalm.

The superscription does reveal that **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** is the author of the psalm.

The psalm begins (1-3) with David asking God for **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** from his suffering.

Which verse(s) reveal this?

* Verse 1 David pleaded that God would stop ***chastening*** him in His anger.
	+ David knows that if God’s wrath continues against him, that he will not survive.
* Verse 2 The symptoms of David’s suffering
	+ Weak/sick
	+ In extreme pain (bones are agony)
		- To say that one’s “bones are in agony” is to say emphatically that his body is wracked with pain.

What David is describing here can be likened to what Jesus experienced as he agonized over going to the cross.

**Matthew 26:38**; **Mark 14:34**; **John 12:27**

\*What in your opinion could be the cause of David feeling this way *(this is only speculation on our part)*?

\*Have you ever experienced this feeling? What was the cause of that feeling?

* Verse 3 David begged for quick relief… “How long?”
	+ The question “how long?” is unfinished because of his intense frustration.

\*Is it wrong to ask this question of God?

This question is common to human experience. Constant suffering can lead *any person* to ask this question of God.

Psalm 13:1-2, 35:17, 74:10, 79:5, 80:4, 94:3, 119:84

David’s intense and extended suffering lead him to ask God to **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** him. (4-5)

David gave two reasons why God should answer:

* Reason #1 **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* Reason #2 **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

God had shown Himself again and again to be abundant in loyal love, so David pleaded for deliverance on the basis of God’s character.

**Psalm 36:5**; **Lamentations 3:22-23**

If he died because of his illness, he then could not praise God for delivering him from it. So, David reasoned that if God desired someone to stand in the sanctuary and proclaim that God delivered him, then God would have to do so.

Verses 6-7 David’s **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

David uses *hyperbole* to emphasize the severity of his suffering. What is hyperbole?

Listen to what he says…

* “I am weary from my groaning…”
* “…my tears…dampen my bed…”
* “…drench my couch every night.”
* “My eyes are swollen from grief…”

\*What picture is David trying to paint here?

David says that the source of this trouble is his enemies. (7)

Verses 8-10 David’s assurance of **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.

\*How do you know that David’s attitude has shifted?

David was **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** that God had heard his prayer. (8-9)

* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

His final prayer was that all those who persisted as his enemies be put to shame.

He wanted the dismay and disgrace he felt at their hands to be turned back on them.

Though we will experience suffering, those whose trust is in the LORD can be confident that God will hear their weeping and answer their prayers for relief.

**DIRECTION**

**Find three Bible verses that give the assurance that God will hear and answer your prayers.**

**Read Psalms 6, 32, 38, 102, 130, 143**