

A person is silhouetted against a bright sky, standing on a dark mountain ridge. The background consists of layered mountain ranges under a sky that transitions from a deep blue at the top to a bright white near the horizon. The overall mood is serene and contemplative.

Psalm Sunday

Psalm 6

<Grief & Mercy>

Psalm 6

1. O LORD, rebuke me not in thine anger, neither chasten me in thy hot displeasure.
2. Have mercy upon me, O LORD; for I am weak: O LORD, heal me; for my bones are vexed.
3. My soul is also sore vexed: but thou, O LORD, how long?
4. Return, O LORD, deliver my soul: oh save me for thy mercies' sake.
5. For in death there is no remembrance of thee: in the grave who shall give thee thanks?

Psalm 6

6. I am weary with my groaning; all the night make I my bed to swim; I water my couch with my tears.

7. Mine eye is consumed because of grief; it waxeth old because of all mine enemies.

8. Depart from me, all ye workers of iniquity; for the LORD hath heard the voice of my weeping.

9. The LORD hath heard my supplication; the LORD will receive my prayer.

10. Let all mine enemies be ashamed and sore vexed: let them return and be ashamed suddenly.

Structures: Hebrew Parallelism

A) Chiastic / Chiasm

- 1a - 6.1 David fears the **rebuke** of the LORD for himself.
- 1b - 6.2-3a David's **prayer** before the LORD for mercy.
- 1c - 6.3b-5 **Return to me** O LORD and deliver me.
- Central axis - 6.6-7 **The outpouring of David's grief.**
- 2c - 6.8a **Depart from me** all you workers of iniquity.
- 2b - 6.8b-9 David's assurance that the LORD has heard his **prayer**.
- 2a - 6.10 The **rebuke** of the LORD against David's enemies.

Structures:

B) 3 Strophes / movements / turnings.

- “A rhythmic system composed of two or more lines repeated as a unity”; a group of verses that form a distinct unity within a poem.
- V. 1-4
- V. 5-7
- V. 8-10

What changed in David's outlook?

**Notice how God is absent in verses
6-7.**

Things that make you go Hmm...

Key Words:

- **LORD:** H3068. Yeh'ho'vaw / Yehovah / Jehovah. Self-existent one / the existing One. The covenant name of God.
- **Rebuke.** Correct, convict; to prove, reprove, judge; to be chastened.
- **Anger.** The nose; ire, from the rapid breathing in passion.
- **Hot displeasure.** Burning anger, rage; indignation, wrath, heat.

Key Words:

- **Chasten.** Chastise, instruct; to discipline, admonish.
- **Mercy.** H2603. To bend or stoop in kindness to an inferior; to be gracious, show favor, pity.
- **Vexed.** Troubled; to tremble inwardly, alarmed, agitated, hurried, disturbed; to be anxious.
- **Sore vexed.** Greatly troubled; exceedingly, much.
- **Deliver.** To save, to pull out, rescue, set free; to strengthen; to equip, to be armed. Picture being taken out of and saved from the battle, or being armed for victory in the battle.

Key Words:

- **Mercies.** H2607. Kheh'-sed / chesed. Lovingkindness; kindness, beauty; goodness, faithfulness.
- **Weary.** To be exhausted, to toil.
- **Grief.** Vexation, anger, indignation, provocation, frustration.
- **Depart.** To turn aside, to be removed, to be removed; reject, abolish.
- **Return.** To turn back, to come back; to bring back.

Key Themes:

- The LORD.
- Grief.
- Mercy.

LORD: the God of covenant.

The 'I AM'.

- Creator - Provider - Cultivator. Genesis 2:4-9
- Relationship - Personal - Initiator. Genesis 3:8-9; 12:1-8
- Judge (LORD God). Genesis 3:13-23; 6:3-8; 11:8-9;
- Worthy of Worship. Genesis 4; 8:20-21
- Grace. Genesis 6:8

Exodus 3:14-16

- And God said unto Moses, I AM THAT I AM: and he said, Thus shalt thou say unto the children of Israel, I AM hath sent me unto you. [15] And God said moreover unto Moses, Thus shalt thou say unto the children of Israel, The LORD God of your fathers, the God of Abraham, the God of Isaac, and the God of Jacob, hath sent me unto you: this is my name for ever, and this is my memorial unto all generations. [16] Go, and gather the elders of Israel together, and say unto them, The LORD God of your fathers, the God of Abraham, of Isaac, and of Jacob, appeared unto me, saying, I have surely visited you, and seen that which is done to you in Egypt:

Exodus 34:5-7

- And the LORD descended in the cloud, and stood with him there, and proclaimed the name of the LORD. [6] And the LORD passed by before him, and proclaimed, The LORD, The LORD God, merciful and gracious, longsuffering, and abundant in goodness and truth, [7] Keeping mercy for thousands, forgiving iniquity and transgression and sin, and that will by no means clear the guilty; visiting the iniquity of the fathers upon the children, and upon the children's children, unto the third and to the fourth generation.

LORD: Judge of sin

- This is David's situation in Psalm 6.
- Genesis 18: 25, "Shall not the Judge of all the earth do right?"

David's petitions/requests:

- Rebuke me not in thine anger
 - *Parenting Tip: do not discipline your child in anger. Step away, calm down, be measured in your discipline.*
- Neither chasten me in thy hot displeasure
- Have mercy upon me
- Heal me. Exodus 15:26; Jeremiah 17:14
- HOW LONG? Psalm 13:1-2; 35:17; 79:5; 80:4; 89:46; 94:3.
- Return, O Lord
- Deliver my soul
- Save me

GRIEF

- Grief. Vexation/trouble, anger, indignation, provocation, frustration.
- Job 6:2 Oh that my grief were thoroughly weighed, and my calamity laid in the balances together!
- Ecclesiastes 2:22-23 For what hath man of all his labour, and of the vexation of his heart, wherein he hath laboured under the sun? For all his days are sorrows, and his travail grief; yea, his heart taketh not rest in the night. This is also vanity. (21-25)

Causes of Grief:

- **Spiritual.** 1 Kings 15:30 (*provocation*). Sin; your own sin, someone else's sin. Trials and temptations. Chastening and rebuke.
- **Relational.** Proverbs 17:25, 21:19. Children; spouse; close family; friends; coworker/boss; church family; government. Foolishness, death, distance, divorce, departure, break ups, avoidance, exploitation, unfaithfulness, injustice, strife, envy, lies, etc.
 - Any major life changes: child goes off to school or moves out, grandparents retire and move away.
- **Physical / Emotional.** Financial; sickness; injuries and pain; depression and worries; death.

Effects of Grief:

- **Emotional / Physical.** Weakness - weariness - groaning - crying - weeping - aches - consumed; feel exhausted and spent.
- **Relational.** Brokenness; separation; withdrawn.
 - Loneliness, sorrow.
 - Regret, “remember when”
- **Spiritual.** Chastening and rebuke. Heaviness (1 Peter 1:6).
 - But, also glory (1 Peter 1:7), joy (1 Peter 4: 12-14) and ceasing from sin (1 Peter 4:1).

**God wants you to go to Him
with all your grief.**

**1 Peter 5:7 Casting all your
care upon him; for he careth
for you.**

Jesus is a man of sorrows:

- Isaiah 53:3-4 He is despised and rejected of men; ***a man of sorrows, and acquainted with grief***: and we hid as it were our faces from him; he was despised, and we esteemed him not. [4] ***Surely he hath borne our griefs, and carried our sorrows***: yet we did esteem him stricken, smitten of God, and afflicted.

MERCY

- *Mercy*. H2603. To bend or stoop in kindness to an inferior; to be gracious, show favor, pity.
- *Mercies*. H2617. Kheh'-sed / chesed. Lovingkindness; kindness, beauty; goodness, faithfulness.
 - This word is the Hebrew equivalent of Agape love found in the New Testament (G26). 1 John 4:7-11.
- God's great provision: Mercy.
- Our great need. Because...we are sinners, we are needy, we are dependent, we are vulnerable.

David's transition:

- The transition that happens between verses 5-7 and 8-10 is astounding.
 - What turned David's grief into confidence and faith?
 - How did he get through this darkness to a place of strength.

- It doesn't exactly say 'How'.
- But, we do know someone who experienced grief,
 - Who went through darkness, who didn't just ponder death and the grave but was actually dead and in the grave.
 - Who experienced the full rebuke of God's anger and hot displeasure of God's judgment. Whose soul was not just vexed but bruised and crushed.
 - Whose bones were not just vexed but out of joint, and who did not ask how long O LORD, but My God why hast thou forsaken me? **This is Jesus.**
- **In your grief, look to Jesus.**

And because of Jesus, we
can **pray** verse 4, and
have the **full confidence**
of verses 8-9.

What changed in David's outlook?
He knew the LORD heard his
prayer for mercy and deliverance.

- 1 John 5:14-15 And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us: [15] And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him.

Scripture Slide – Rockwell Font

- please keep all scriptures on this same slide template & font
- adjust size to need but be as consistent as possible throughout
- try not to put too many verses on one slide, use more slides if needed
- make sure all scripture slides are consistent in layout

Additional Points Slide

The image features a blue gradient background that transitions from a darker blue at the top to a lighter blue at the bottom. At the very bottom, there is a dark silhouette of a mountain range with several peaks. The text "Additional Points Slide" is centered in the middle of the image in a white, serif font with a subtle drop shadow.



Application Slide



Key Point Slide

A blue-tinted landscape featuring layered mountains and a bright sky. The text "Transition Slide" is centered in white with a drop shadow.

Transition Slide