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The
Songs

6

PSALMS - The SONGS

Six

The LORD Receives the Prayer of My Weeping

READ AND OBSERVE

Read through **Psalm 6** and mark every reference to the LORD, including pronouns and synonyms, with a red triangle.

Read through **Psalm 6** and mark every reference to the LORD'S anger and wrath, along with all pronouns and synonyms, with a purple capital "W".

Read through **Psalm 6** and mark every reference to the psalmist, believed to be David, with a green capital "D".

Read through **Psalm 6** and mark every reference to the psalmist's state of weeping, along with all pronouns and synonyms, with a brown tear drop.

Read through **Psalm 6** and mark every reference to adversaries, those who do iniquity, enemies, etc., along with all pronouns and synonyms, with an orange capital "A".

Read through **Psalm 6** and mark every reference to prayer with a green arrow pointing upward. (If the psalmist calls his weeping a prayer, then mark it both ways.)

Read through **Psalm 6** and mark every reference to death or Sheol, along with all pronouns and synonyms, with a black box.

Read through **Psalm 6** and mark every contrast with a pink diagonal line.

Read through **Psalm 6** and mark every comparison with a pink equal sign.

Read through **Psalm 6** and divide the passage into the following segments. Mark and title these segments in your text using brackets in the margin.

1. Prayer for deliverance from the LORD'S anger
2. Prayer for deliverance from death
3. Psalmist is weary from grief
4. The LORD'S answer—the demise of the psalmist's enemies

READ AND ANSWER

Psalm 6:1-3

What is David, the psalmist, doing?

To Whom is he praying?



The Hebrew word for “LORD” is *YHWH*, often pronounced Yehovah or Yahweh. It is the proper name of the God of Israel.

God called it His memorial name to all the generations of the Jews when He gave it to them.

In the New American Standard Bible the tetragrammaton *YHWH* is identified for us by small caps.

Why is he praying? What is happening to him?

What does he want the LORD to stop doing to him?

What does the psalmist believe is the reason for the LORD'S anger and wrath on him?

How is the LORD'S anger and wrath being displayed in the life of the psalmist? (Read the entire **Psalm** to find the answer.)

Who are the three “characters” in this **Psalm**?

- 1.
- 2.
- 3.

Let’s get some of the elements of the scenario straight in our minds before we walk through the rest of the **Psalm**.

1. The psalmist has adversaries, but Who has sent them?
2. The psalmist knows the LORD has sent the enemies, but who does he go to in order to be rid of them?
3. The enemies are not righteous. What will happen to them in the end?

What does David say the LORD is doing to him because of His anger and wrath?

- 1.
- 2.



The Hebrew word for “rebuke” is *yakhach* and means to decide, judge, prove, rebuke, reprove, or correct.

The Hebrew word for “chasten” is *teyassar* and means to discipline, chasten, or instruct.

Why would the psalmist feel he needed rebuke or chastening?

What does David ask the LORD to do regarding him?

- 1.
- 2.



The Hebrew word for “gracious” is *chanan* and means to show favor or take pity.

The Hebrew word for “heal” is *rafa* and means to heal, or make healthful.

What has been the result of the LORD’S anger and wrath in the life of the psalmist?

- 1.
- 2.
- 3.



The Hebrew word for “pining away” is *umlal*. It means feeble and has the idea of exhaustion, the goal of God’s punishment and discipline.

The Hebrew word for “dismayed” is *bahal* and means dismayed, terrified, disturbed, or alarmed; it has the idea of causing to hasten or hurry

David says that his bones are dismayed and his soul is greatly dismayed. What is the difference between his bones and his soul?



Point of Depth

The Hebrew word for “bones” is *etzem* and means bone or self; it has the idea of being strong, mighty, great, or increased.

The Hebrew word for “soul” is *nefesh* and means to take a breath or refresh oneself

What is bothering David most—his physical strength or his state of being?

Once again the psalmist acknowledges his distress is from the LORD. What question does he ask the LORD?

Had there been, at the time of the David’s prayer, any signs of relief?

Why does David ask the LORD, “How long?”

What is he trying to avoid?

What does he expect to happen?

How does he expect things to change?

Psalm 6:4-5

What does the psalmist pray for the LORD to do?

Return from where, or return from what?



Point of Depth

The Hebrew word for “return” is *shuv* and means to return. It has the idea, figuratively, of restoring a relationship.

What does the psalmist want the LORD to do upon His return?

For what reason would the LORD save David if He were to do so?



The Hebrew word for “lovingkindness” is *chesed* and refers to loyal, loving, faithful behavior.

**Lovingkindness is a Covenant word.
God made a Covenant with Israel.
In simple terms it went like this—
“If you disobey Me, I will curse you.
If you obey Me, I will bless you.”**

**Disobedience brought cursing, adversity, and death from the LORD.
Obedience brought blessing, prosperity, and life from the LORD.**

**The psalmist evidently was calling the LORD to His Covenant promises,
praying for God to remove the adversity of his enemies—
in which case...
it seems the psalmist must have returned from disobedience to obedience.**

What did David seem to expect was going to happen to him if the LORD did not save him?

What did the psalmist say would be true if he died?

What did the psalmist say he would not be able to do in Sheol?

1.

2.



The Hebrew word for “mention” is *zakhar* and means to mark so as to be recognized,

to remember, to consider, to commemorate.

The Hebrew word for “give thanks” is *yahdah* and means to show gratitude by expressing praise, confessing publicly (telling it like it is) the excellence of someone or something.

What did David infer he will do if the LORD saves him?

1.

2.

Psalm 6:6-7

David goes back to describing the condition he is in—his grief is great beyond belief. To what, or whom, does he attribute his grief?

What is he constantly doing?

What is all the groaning and mourning doing to him?

What picture does David give us of what happens every night?

1.

2.

What has happened to his eye?

1.

2.

Why has it wasted away?

Why has it become old?



The Hebrew word for “weary” is *yaga* and means to toil, to gasp and thus be exhausted.

The Hebrew word for “sighing” is *anachah* and means to groan, mourn, and sigh.

Psalm 6:8-10

David speaks in declaration to his enemies. What does he tell them to do?

What does he accuse them of doing?

Why does David tell his adversaries to depart from him?

- 1.
- 2.
- 3.

What does David declare will be the result of the LORD receiving his prayer for deliverance?

- 1.
- 2.
- 3.
- 4.

Why? What will change?

READ AND REASON

There is a lot of *shuv*ing going on in this **Psalm**.

First, David must “return” or *shuv* from whatever he has done that has brought on the LORD’S anger and wrath.

When the LORD receives David’s prayer for deliverance from his enemies (the ones that David, himself, knows the LORD has allowed because of his sin) He will “return” or *shuv*.

When the LORD “returns” (from being against David) He will cause David’s enemies to *shuv* or “turn back” (from being against David), as well.

God has the perfect right to turn His back on David when he sins against Him—not only because He is a Holy God, but also because of the Covenant that He made with the nation of Israel.

David’s adversaries do not have that right. And once they see God’s reaction to David’s prayer they will be shamed (brought down) and greatly dismayed.

And David never had the right to turn his back on any of the LORD’S ways in the first place. Neither do we...

 Segment by Segment

**Try titling these segments yourself.
Ask God to help you.**

Verse 1-3

Verses 4-5

Verses 6-7

Verses 8-10

~ Purpose of Psalm 6

**Try to identify the purpose of Psalm 6.
The purpose simply states “why the Psalmist wrote the Psalm”.**

~ Theme of Psalm 6

**Try giving Psalm 6 a title by identifying its theme.
The theme simply states “what the Psalm is about”.**
