

PRAYING PSALM 6

“Oh Lord, do not rebuke me in your anger, nor chasten me in your hot displeasure” (Psalm 6:1)

This is the first of seven penitential psalms that David prayed after his sin of adultery. We should all be grateful these psalms are in the word of God. They teach us we can be forgiven and assure us of complete restoration to God’s favor. They remind us we are not only saved by grace but kept by grace.

The psalm divides into three parts: 1. David’s petitions (1-5). “Do not rebuke me... Have mercy on me... Heal me... Deliver me.” When we sin, we can make these same requests, using these same words. They express the fear, remorse, and feeling of failure after a moral failure. 2. David’s Grief over his sin (6-7). Grief is part of repentance. It is described as godly sorrow in the New Testament. Grief is heavy and can be overwhelming. When expressed to God it can bring relief. 3. David’s grief over his enemies (9-10). “Let all my enemies be ashamed and greatly troubled.” Some of his enemies were former friends. God will forgive you, even when friends can’t find it in their hearts to get past your failure. Pray to God and find new friends. Sin and guilt can keep you from prayer if you don’t confess to the One you have offended most. If you can’t seem get started after a moral failure, begin with this psalm.