



THE BOOK OF  
PSALMS

PSALM 6

*O Lord, Deliver My Life*

*To the choirmaster: with stringed instruments;  
according to The Sheminith.*

*A Psalm of David.*

O Lord, rebuke me not in your anger,  
nor discipline me in your wrath.

2 Be gracious to me, O Lord, for I am languishing;  
heal me, O Lord, for my bones are troubled.

3 My soul also is greatly troubled.  
But you, O Lord—how long?

4 Turn, O Lord, deliver my life;  
save me for the sake of your steadfast love.

5 For in death there is no remembrance of you;  
in Sheol who will give you praise?

6 I am weary with my moaning;  
every night I flood my bed with tears;  
I drench my couch with my weeping.

7 My eye wastes away because of grief;  
it grows weak because of all my foes.

8 Depart from me, all you workers of evil,  
for the Lord has heard the sound of my weeping.

9 The Lord has heard my plea;  
the Lord accepts my prayer.

10 All my enemies shall be ashamed and greatly troubled;  
they shall turn back and be put to shame in a moment.

## Psalm 6 Questions

*Many say that David wrote this Psalm while being pursued by Absalom. Whether from that circumstance or another of physical illness, it is obvious that David is in deep desperation.*

1. In verses 1-3, the author uses Hebrew Parallelism to express his deep distress. Notice the connections between Rebuke / Anger and Discipline /Wrath. What is the psalmist's concern regarding the origins of his circumstances?
2. What is the natural logic when one experiences deep trouble and the thought of an offended God? Why might one think this way and what does Sin Deserve? What does the Psalmist ask for? On what basis can he ask?
3. In the ESV LORD is the English translation of YHWH, the name that of God given to Moses at the Burning Bush. To whom does the Psalmist cry and what does it signify? Why is it important?
4. Read Psalm 38:1;12,118:8; Prov 3:11-12 and Heb 12:3-11 Who does God Discipline and for what purpose does He do so?
5. Read verses 4-7. How does the Psalmist speak of his circumstances? How do Jesus' words in Mark 12:26-27 impact the meaning of verse 5?
6. There is a stark change in the tone of the psalmist's words between verses 7 and 8 almost as if he had remembered something that he had forgotten or not trusted in. Considering what we have studied so far, what do you think has changed and why?
7. How might David's expressions of distress reflect your own circumstances today? Remembering James 5:7-11, what would you ask of God tonight?