



Save me for the sake of your steadfast love.

(PSALM 6:4B)

STRUCTURE

v. 1-3 A prayer for mercy.

v. 4-7 Reflections on the difficulties of life.

v. 8-10 Spiritual clarity in light of the Lord's hearing.



AT A GLANCE

"SHEOL" Refers to the place of the dead (v.5). The psalmist does not want to be dragged into eternal death by the oppression of the enemy.

DID YOU KNOW Psalm 6 only uses God's personal name, Yahweh, and never speaks in terms of Lord or God.

"GRIEF" Could also be understood as "anger" (v.7).



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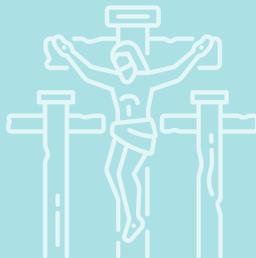
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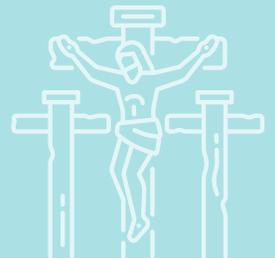
CHRIST IS HERE

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Elsewhere in the psalter, David prays that the Lord would “judge” or “vindicate” him. Here, however, David approaches God with trembling. Rather than boldly stating that he has not walked in the way of the wicked, the psalmist is mindful of his sin and asks that the Lord’s anger and wrath would not be poured out on him. Faith is not lost, despite great affliction. Faith laments and appeals, rhetorically, to God: “If You cast me off forever or allow sin and those who practice it to drag me, as it were, into eternal death and hell (*sheol*), who will praise You?” So the psalmist asks that his soul (*nephesh*, *ESV*: “life”) would be delivered, to the glory of the Lord, his redeemer. By the end of his prayer, admitting that he weeps at night because of his sin, David turns his attention to his enemies and commands them to get away from him. He can say this because the Lord has heard his plea, accepted his prayer and declared him righteous on account of his faith. In lamenting to God and turning to His promises, Christians may also use this psalm to comfort their consciences with the Word of God.



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USE IN THE CHURCH

- Antiphon:** v. 4b
- In the Daily Office:** Sundays at Matins
- At the Divine Service:**
Psalm for a Day of Supplication and Prayer (ant: v. 4)
- The Seven Penitential Psalms:** 6, 32, 38, 51, 102, 130 and 143.



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SPIRITUAL CARE

- Before Confession & Absolution.
- In lament over sin and shame.
- Repenting from having succumbed to temptation.
- To fight temptation.
- When struggling with addiction.



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PSALM

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PSALM PRAYER

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