

**Psalm 6 — "How to Pray When You're Overwhelmed With Your Sin & Suffering"**

*Let's not forget the biblical reality of Hamartiology (=doctrine of sin):*

- Sin distances communion with God your Father.
  - Sin dishonors the name of Christ.
  - Sin grieves the heart of the Spirit of God.
  - Sin never remains dormant, but grows, infects.
  - Sin is bad, it hurts, it harms, it destroys.
- This is a PENITENTIAL PSALM: it's a psalm of confession. One of 7 of these psalms [**Psalm 6, 32, 38, 51, 102, 130, 143**].

**THESIS — When you're overwhelmed with your sin & sorrow, HOW DO YOU PRAY?****I. GOD — FORGIVE ME COMPLETELY! (1-3)**

- *it seems that Ps 6 is a time in David's life when he persisted in sin without acknowledging the sin to God. As a result, the consequences were devastating.*
  1. Christ has eager willingness to forgive us.
  2. Christ has complete knowledge of what we do.
  3. Christ has infinite, father-like tenderness to receive us.

★ **Confession** is agreeing with what God says about your sin. It's verbal humiliation. It's dealing seriously with your sin. **Confession** includes (1) ADMISSION of our sin and (2) CONTRITION over our sin [**you must own it + mourn over it.**]

**II. GOD — HELP ME PHYSICALLY! (4-7)**

*What must we do?*

1. Keep short accounts with God.
2. Be tender in conscience.
3. Confess at the first impulse of sin.
4. Cherish the Spirit's reproofing work.

*How should we confess?*

1. Confess your sins QUICKLY.
2. Confess your sins HONESTLY.
3. Confess your sins PARTICULARLY.
4. Confess your sins CONTINUALLY.
5. Confess your sins LOOKING-UPWARDLY.

**III. GOD — REFOCUS ME CONFIDENTLY! (8-10)*****My Hope is Built on Nothing Less***

1 My hope is built on nothing less  
than Jesus' blood and righteousness;  
I dare not trust the sweetest frame,  
but wholly lean on Jesus' name.

*On Christ, the solid Rock, I stand:  
all other ground is sinking sand;  
all other ground is sinking sand.*

2 When darkness veils his lovely face,  
I rest on his unchanging grace;  
in every high and stormy gale,

my anchor holds within the veil. [Refrain]

3 His oath, his covenant, his blood,  
support me in the whelming flood;  
when all around my soul gives way,  
he then is all my hope and stay. [Refrain]

4 When he shall come with trumpet sound,  
O may I then in him be found:  
dressed in his righteousness alone,  
faultless to stand before the throne. [Refrain]

***Psalm 6: The Psalter* (tune: I asked the LORD that I might grow)**

O LORD, in wrath rebuke me not;  
in anger do not chasten me.  
Have mercy, LORD, for I am faint;  
LORD, heal me in my agony.

My soul with anguish is distressed.  
O LORD, how long will you delay?  
LORD, turn to me, and free my soul;  
in lovingkindness, save, I pray.

For none in death remembers you;  
and who will praise you from the grave?

My sighs and moaning weary me;  
each night my bed with tears I bathe.

My eyes grow weak with tears of grief;  
they fail because of all my foes.  
Depart from me, all evil men!  
The LORD has heard my tearful woes.

The LORD accepts my prayer for help;  
the LORD has heard my cry and plea.  
My enemies, disgraced and shamed,  
will suddenly turn back from me.

- Confession means to agree with God on His assessment of our actions and thoughts, and to name our sin to God. (Jim Elliff)
- When we deal seriously with our sin, God will deal gently with us (Charles Spurgeon)
- True confession involves seeing sin as God defines it, without mitigation or blurring of the lines. Taking ownership of every nuance of offense caused by our sin and bearing the weight of it. (Jerry Wragg)