

**Series: Psalms at CW**

**Text: Psalm 6:1-10**

**HI: Call to Your Savior**

**Title: A Cry for Help**

**Hook: Is it easy for you to ask for help?**

**Date: 5/21/23**

**MI: Call to Your Savior**

**READ Psalm 6:1-10**

*O Lord, Deliver My Life*

*To the choirmaster: with stringed instruments; according to The Sheminith. A Psalm of David.*

*1 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.*

**READ Psalm 6:1-5**

*1 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?*

I. **God's people ask for God's deliverance**

**READ Psalm 6:1**

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

**READ 2 Samuel 24:15**

*So the Lord sent a pestilence on Israel from the morning until the appointed time. And there died of the people from Dan to Beersheba 70,000 men.*

**READ Psalm 6:2-3**

*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?*

**READ Psalm 6:4-5**

*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?*

**READ Psalm 6:6-7**

*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.*

**II. God's people wait for God's response**

**READ Psalm 6:7**

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

**READ Psalm 6:8-10**

*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.*

**III. God's people rejoice in God's response**

**READ Psalm 6:10**

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

**MI: Call to Your Savior**

**READ 2 Corinthians 4:17-18**

*17 For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, 18 as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.*