

LORD, PLEASE DELIVER ME FROM MY PAIN
Sermon Series: "Living The Psalms Together"
(A year-long study through the Psalms)
Psalm 6
February 26th, 2023
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Family Life Christian Church

TO THE CHOIRMASTER: WITH STRINGED INSTRUMENTS; ACCORDING TO THE SHEMINITH. A PSALM OF DAVID.

1. THE DISCIPLINE OF THE LORD IS PAINFUL, BUT NECESSARY (vss. 1-2)

¹ "O LORD, rebuke me not in your anger, nor discipline me in your wrath. (vs. 1)

²³ *I know, O LORD, that the way of man is not in himself, that it is not in man who walks to direct his steps.* ²⁴ *Correct me, O LORD, but in justice; not in your anger, lest you bring me to nothing.* **Jeremiah 10:23-24 (ESV)**

"My son, do not regard lightly the discipline of the Lord, nor be weary when reproved by him. ⁶ For the Lord disciplines the one he loves, and chastises every son whom he receives." **Hebrews 12:5-6 (ESV)**

"My son, do not despise the LORD's discipline or be weary of his reproof, ¹² for the LORD reproves him whom he loves, as a father the son in whom he delights." **Proverbs 3:11-12 (ESV)**

¹⁹ *"Those whom I love, I reprove and discipline, so be zealous and repent."* **Revelation 3:19 (ESV)**

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 (bahal)."* (vss. 2-3a)

²⁷ *"Now is my soul troubled (tarasso). And what shall I say? 'Father, save me from this hour'? But for this purpose I have come to this hour."* **John 12:27 (ESV)**

"...But you, O LORD—how long?" (vs. 3b)

When God disciplines us, we can hate it, battle it, collapse under it and quit, or accept it and submit. What God is seeking is submission.

2. THE USELESSNESS OF DEATH (vss. 4-5)

⁴ "Turn, O LORD, deliver my life; save me for the sake of your steadfast love. (vs. 4)

"The LORD, the LORD, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness, ⁷ keeping steadfast love for thousands, forgiving iniquity

and transgression and sin, but who will by no means clear the guilty, visiting the iniquity of the fathers on the children and the children's children, to the third and the fourth generation." Exodus 34:6-7 (ESV)

⁵ For in death there is no remembrance of you; in Sheol who will give you praise?" (vs. 5)

"Therefore do not be ashamed of the testimony about our Lord, nor of me his prisoner, but share in suffering for the gospel by the power of God, ⁹ who saved us and called us to a holy calling, not because of our works but because of his own purpose and grace, which he gave us in Christ Jesus before the ages began, ¹⁰ and which now has been manifested through the appearing of our Savior Christ Jesus, who abolished death and brought life and immortality to light through the gospel." 1 Timothy 1:8-10 (ESV)

3. THE ANXIETY OF GRIEF (vss. 6-7)

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

¹¹ After saying these things, he said to them, "Our friend Lazarus has fallen asleep, but I go to awaken him." ¹² The disciples said to him, "Lord, if he has fallen asleep, he will recover." John 11:11-12 (ESV)

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

²⁷ But Jonathan had not heard his father charge the people with the oath, so he put out the tip of the staff that was in his hand and dipped it in the honeycomb and put his hand to his mouth, and his eyes became bright. ²⁸ Then one of the people said, "Your father strictly charged the people with an oath, saying, 'Cursed be the man who eats food this day.'" And the people were faint. ²⁹ Then Jonathan said, "My father has troubled the land. See how my eyes have become bright because I tasted a little of this honey." 1 Samuel 14:27-29 (ESV)

⁹ "But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. ¹⁰ For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong." 2 Corinthians 12:9-10 (ESV)

4. THE JOY OF BEING DELIVERED (vss. 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." Psalm 6:8-10 (ESV)

²¹ "Not everyone who says to me, 'Lord, Lord,' will enter the kingdom of heaven, but the one who does the will of my Father who is in heaven. ²² On that day many will say to me,

'Lord, Lord, did we not prophesy in your name, and cast out demons in your name, and do many mighty works in your name?' ²³And then will I declare to them, 'I never knew you; depart from me, you workers of lawlessness.' **Matthew 7:21-23 (ESV)**

¹⁹*"Repent therefore, and turn back, that your sins may be blotted out, ²⁰that times of refreshing may come from the presence of the Lord, and that he may send the Christ appointed for you, Jesus."* **Acts 3:19 (ESV)**

QUESTION: Are you willing to humble yourself today and repent of your sins and submit to the Lord's discipline, so that times of refreshing may come from the presence of the Lord?