

I. The Honest Assessment Within The Prayer (1-3)

- A. A sense of divine anger (1) - “O LORD, rebuke me not in Your anger, nor discipline me in Your wrath.”
- B. A sense of hazardous weakness (2) - “...I am languishing; heal me, O LORD, for my bones are troubled.”
- C. A sense of gnawing dread (3) - “My soul also is greatly troubled. But You, O LORD - how long?”

II. The Honest Confession Within The Prayer (2a, 4-5)

“(2a) Be gracious to me, O LORD...(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?”

III. The Honest Emotion Within The Prayer (6-7)

- A. Weary (6a) - “I am weary with my moaning;”
- B. Weeping (6b) - “...every night I flood my bed with tears; I drench my couch with my weeping.”
- C. Wasting (7a) - “My eye wastes away because of grief...”
- D. Warring (7b) - “...it grows weak because of all my foes.”

IV. The Honest Confidence Within the Prayer (8-10)

- A. Confident that God is listening (8-9a) Depart from me, all you workers of evil, for the LORD has heard the sound of my weeping. 9a The LORD has heard my plea...”
- B. Confident that God accepts us (9b) - “...the LORD accepts my prayer.” **In spite of our failures and struggles**
- C. Confident that we are being sustained (10) - “All my enemies shall be ashamed and greatly troubled; they shall turn back and be put to shame in a moment.”