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## Supplication of the sleepy

### Psalm 6:1-10

1

O LORD, rebuke me not in thine anger, neither chasten me in thy hot displeasure.

2

Have mercy upon me, O LORD; for I am weak: O LORD, heal me; for my bones are vexed.

3

My soul is also sore vexed: but thou, O LORD, how long?

4

Return, O LORD, deliver my soul: oh save me for thy mercies' sake.

5

For in death there is no remembrance of thee: in the grave who shall give thee thanks?

6

I am weary with my groaning; all the night make I my bed to swim; I water my couch with my tears.

7

Mine eye is consumed because of grief; it waxeth old because of all mine enemies.

8

Depart from me, all ye workers of iniquity; for the LORD hath heard the voice of my weeping.

9

The LORD hath heard my supplication; the LORD will receive my prayer.

10

Let all mine enemies be ashamed and sore vexed: let them return and be ashamed suddenly.

## Introduction:

- a. Likely that Psalm 6 was written by David after a sleepless night.
- b. It seems that David was going through a trying time in his life and felt that there was a connection between his suffering and sin he had committed.
- c. He had been brought low by what he considered to be God's chastisement.

## I. David's APPEAL

Psalm 6:1-3

1

To the chief Musician on Neginoth upon Sheminith, A Psalm of David. O LORD, rebuke me not in thine anger, neither chasten me in thy hot displeasure.

2

Have mercy upon me, O LORD; for I am weak: O LORD, heal me; for my bones are vexed.

3

My soul is also sore vexed: but thou, O LORD, how long?

A. Note that David does not deny that he deserves God's rebuke; he asks that it not be in anger (David knew that the wrath of God was not to be taken lightly; nor could it be resisted).

Hebrews 10:23-31

23

Let us hold fast the profession of our faith without wavering; (for he is faithful that promised;)

24

And let us consider one another to provoke unto love and to good works:

25

Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day

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approaching.

26

For if we sin wilfully after that we have received the knowledge of the truth,  
there remaineth no more sacrifice for sins,

27

But a certain fearful looking for of judgment and fiery indignation, which shall  
devour the adversaries.

28

He that despised Moses' law died without mercy under two or three witnesses:

29

Of how much sorer punishment, suppose ye, shall he be thought worthy, who  
hath trodden under foot the Son of God, and hath counted the blood of the  
covenant, wherewith he was sanctified, an unholy thing, and hath done despite  
unto the Spirit of grace?

30

For we know him that hath said, Vengeance belongeth unto me, I will  
recompense, saith the Lord. And again, The Lord shall judge his people.

31

It is a fearful thing to fall into the hands of the living God.

B. Do those who commit crimes in our society ask for justice, or the mercy of the  
court?

C. There is not a one of us here who will be able to resist God's wrath when  
Christ comes again. None of us will demand justice be done when Christ comes.  
We will all plead for God's mercy, grace, and forgiveness

### [II Corinthians 5:9-11](#)

9

Wherefore we labour, that, whether present or absent, we may be accepted of  
him.

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10

For we must all appear before the judgment seat of Christ; that every one may receive the things done in his body, according to that he hath done, whether it be good or bad.

11

Knowing therefore the terror of the Lord, we persuade men; but we are made manifest unto God; and I trust also are made manifest in your consciences.

## II. David's Anguish

### Psalm 66:4-7

4

Return, O LORD, deliver my soul: oh save me for thy mercies' sake.

5

For in death there is no remembrance of thee: in the grave who shall give thee thanks?

6

I am weary with my groaning; all the night make I my bed to swim; I water my couch with my tears.

7

Mine eye is consumed because of grief; it waxeth old because of all mine enemies.

A. David had a sense of God's displeasure and felt a distance between him and God ("Return, O Lord....."). He was weary in his groaning and was "swimming in a bed of tears."

### Isaiah 59:1,2

1

Behold, the LORD'S hand is not shortened, that it cannot save; neither his ear heavy, that it cannot hear:

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2

But your iniquities have separated between you and your God, and your sins have hid his face from you, that he will not hear.

B. Question: When was the last time you cried over your sin?

C. Sin brings sorrow and grief to the person whose conscience is rooted in a love for God. If it doesn't, perhaps we should ask, "Is our love for God what it ought to be?"

### III. David's Assurance

#### Psalm 6:8-10

8

Depart from me, all ye workers of iniquity; for the LORD hath heard the voice of my weeping.

9

The LORD hath heard my supplication; the LORD will receive my prayer.

10

Let all mine enemies be ashamed and sore vexed: let them return and be ashamed suddenly.

A. There is a change of tone in the psalm (from despair to hope, from anguish to assurance). David realizes God has heard his cry. He now senses God's acceptance and realizes his prayer has been heard.

#### James 5:16-20

16

Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

17

Elias was a man subject to like passions as we are, and he prayed earnestly that it might not rain: and it rained not on the earth by the space of three years and six months.

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18

And he prayed again, and the heaven gave rain, and the earth brought forth her fruit.

19

Brethren, if any of you do err from the truth, and one convert him;

20

Let him know, that he which converteth the sinner from the error of his way shall save a soul from death, and shall hide a multitude of sins.

### Romans 8:1

1

There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.

B. We've all heard stories of desperate men crying for help (those trapped in the rubble of a collapsed building, buried in an avalanche, for examples). What a huge relief came upon these people as they eventually realized their cries for help were heard and their rescues were made possible.

C. We can find comfort in the same way David found comfort – by pleading for God's forgiveness. We, like David, can be assured that God will forgive the penitent

### Ephesians 1:7

In whom we have redemption through his blood, the forgiveness of sins, according to the riches of his grace;

### II CORINTHIANS 1:2-4

2

Grace be to you and peace from God our Father, and from the Lord Jesus Christ.

3

Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort;

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4

Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God.

[Philippians 4:7](#)

7

And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Conclusion:

- a. Psalm six reminds us, not only of the tragic effects of sin on our lives, but also of the blessing of God's forgiveness.
- b. No matter what wrongs you may have done, as long as you are alive there is still time to make things right with God!