

Penitential Lament

Psalms of David · Book I · The Seven Penitential Psalms

"For the choir director, with stringed instruments, upon the eighth, a Psalm of David"

PICTURE WORD

Tears

IN ONE SENTENCE



Worn out and weeping, David begs the LORD for mercy and healing, and then knows his prayer is heard.

Remember it: Psalm Six: my tears soaked the bed, but the LORD heard my weeping.

MEMORY VERSE

Yahweh has heard my plea

Yahweh receives my prayer

Psalm 6:9 · the author's translation

HEBREW WORD

חַנּוּנִי

"have mercy on me" · verse 2

In the Psalms: 32 times, in 22 psalms

חַנּוּנִי, "have mercy on me," comes from a root meaning to be gracious, to show undeserved favor. The related noun means "grace" or "favor." The names Hannah and John both grow from this root. David asks for what he cannot earn: God's kindness to someone who is faint.

HOW THE PSALM MOVES

- 1-3 David begs God not to discipline in anger, but heal.
- 4-5 He asks God to return and save him for love's sake.
- 6-7 He describes nights of groaning and tears.
- 8-10 He knows the LORD has heard, and enemies will turn back.

IN THE NEW TESTAMENT

v. 8 → **Matthew 7:23** Jesus: 'Depart from me, you who work iniquity.'

MY NOTES



Listen. Hear Psalm 6 sung in the **Psalm Song** app, or free at ispress.de/psalms/6.

Cantillated. Sung: chanted back and forth between a leader and the people.

Crying Out in Distress

Forgiveness & Repentance

FILL IN THE BLANKS

Worn out and _____, David begs the LORD for _____ and _____, and then knows his prayer is heard.

CHECK YOURSELF

1. What does David say he does every night?

☐ (A) Sings praises

☐ (C) Plans battles

☐ (B) Floods his bed with tears

☐ (D) Sleeps soundly

2. For whose sake does David ask God to save him?

☐ (A) For his loving kindness' sake

☐ (C) For the army's sake

☐ (B) For David's good deeds

☐ (D) For the priests' sake

3. What has Yahweh heard?

☐ (A) The enemies' boasting

☐ (C) The songs of the temple

☐ (B) The trumpet of war

☐ (D) The voice of David's weeping

TALK IT OVER

1. What words show how worn out David is in body and soul?

2. What does this psalm teach about how God treats people who cry out to him?

3. Is it right for a believer to pray, "How long?" When have you prayed that?

IN YOUR OWN WORDS: WHAT DOES PSALM 6 TEACH?

☐ I listened to the song

☐ I can say verse 9 by heart

☐ I can say what it teaches

☐ I know the picture word

Answers · Blanks: weeping · mercy · healing · Check yourself: 1. B (v. 6) · 2. A (v. 4) · 3. D (v. 8)