

Psalm 6 (NASB)

**O LORD, do not rebuke me in Your anger,
Nor chasten me in Your wrath.
Be gracious to me, O LORD, for I am pining away;
Heal me, O LORD, for my bones are dismayed.
And my soul is greatly dismayed;
But You, O LORD--how long?**

**Return, O LORD, rescue my soul;
Save me because of Your lovingkindness.
For there is no mention of You in death;
In Sheol who will give You thanks?**

**I am weary with my sighing;
Every night I make my bed swim,
I dissolve my couch with my tears.
My eye has wasted away with grief;
It has become old because of all my adversaries.**

**Depart from me, all you who do iniquity,
For the LORD has heard the voice of my weeping.
The LORD has heard my supplication,
The LORD receives my prayer.
All my enemies will be ashamed and greatly dismayed;
They shall turn back, they will suddenly be ashamed.**

The last few psalms that we've read have focused on a person in real distress. But, in Psalms 3 and 5, there seemed to be a realization of God's presence and protection. In Psalm 6, however, we find an overwhelming sense of extreme dismay and loneliness. The psalmist feels like he is literally wasting away because of his torment and grief. He feels abandoned by God. Even worse, he feels like God is the one who has turned His anger against the psalmist. And if God is against us, how will we survive?

Sometimes, things go wrong for so long that we even begin to doubt whether or not God cares. We cry out for His protection and His guidance but seem to find none. At least, we feel like He's not there to help us. But it doesn't have to be that way. We don't have to give in to our doubts, fears, and insecurities. Even though the hardships of life may impact us physically, emotionally, and spiritually, we have the power to continue to call upon God for His deliverance.

Even though the psalmist sometimes questions God's actions and wonders whether God is finished with him, the psalmist still asserts his faith in a God who hears our weeping and receives our prayer. If you are still groping for God and feel crushed by tormenters or loneliness, remember to keep talking to God. He is listening, and He is coming.

God bless,
Patrick Barber