

Psalm 6 Devotions

☐ Monday - Christ, Our Burden-Bearer.

Psalm 6:1-7

Full of emotion, the psalmist bears his soul in Psalm 6: “Be gracious to me, O Lord, for I am *pinning* away” (Psalm 6:1); “And my soul is *greatly dismayed*” (Psalm 6:3); “I am *weary* with my sighing” (Psalm 6:6); “My eye has wasted away with *grief*” (Psalm 6:7). Because we live in a fallen world, by necessity the Christian’s daily practice must include “casting all your anxiety on [Christ], because He cares for you” (1 Peter 5:7). And we either cast our burdens on Him or bear them alone. But you are not equipped to stand under the crushing weight of your troubles, dear child of God. Yet there is One whose back is strong and shoulders broad enough to daily bear your burdens, and that is Christ. “Are you weak and heavy laden, cumbered with a load of care?” Take your burdens to Christ, your Burden-Bearer. We are weak, but He is strong! Yes, “What a Friend we have in Jesus, all our sins and grief to bear. What a privilege to carry everything to God in prayer.”

Read Psalm 55:22, 68:19

☐ Tuesday - Discipline Versus Punishment.

Psalm 6:1

David prays, “O Lord, do not rebuke me in Your anger, nor chasten me in Your wrath” (Psalm 6:1). Scripture draws a contrast between the Lord’s discipline and His punishment. Discipline is meant to reform and restore, punishment is meant to avenge and destroy. The first is for reformation, the second for retribution. God disciplines His children in love (Rev. 3:19), but He punishes the wicked in the fury of His anger and wrath (Rev. 14:9-11). So then, those that receive Christ will never taste a single drop of God’s wrath (Rom. 5:9; 1 Thess. 1:10, 5:9), but should expect and accept His faithful discipline (Psalm 119:67, 71, 75). “My son, do not reject the discipline of the Lord or loathe His reproof, for whom the Lord loves He reproves, even as a father corrects the son in whom he delights” (Proverbs 3:11-12).

Read Hebrews 12:7-11

☐ Wednesday - Remember His Lovingkindness.

Psalm 6:4

“Save me because of Your lovingkindness” (Psalm 6:4). Here David bases his hope on the character of God. Friend, do not pray, “O Lord please answer my prayer because I’ve been so good.” That was the prayer of the pharisees who loved to praise themselves in prayer (Luke 18:11-12). Instead of telling God how great you are, tell Him how great you think He is! This is not to “butter up” God so that He will answer your current prayer, but to remember His character as the foundation for all answered prayer. Read Dan. 9:18

☐ Thursday - In This World You Will Have Tribulation.

Psalm 6:6

David writes, “Every night I make my bed swim ... with my tears” (Psalm 6:6). The Christian life is not without its sorrows, for Scripture declares, “Through many tribulations we must enter the kingdom of God” (Acts 14:22); and again, “Indeed, all who desire to live godly in Christ Jesus will be persecuted” (2 Tim. 3:12). Christian, take your tears of sadness to Jesus, for He Himself was “a man of sorrows and acquainted with grief” (Isa. 53:3). Even now He is calling out, “In the world you have tribulation, but take courage; I have overcome the world” (John 16:33). The day of your relief will soon be here, then the statement will come true: “He will wipe away every tear from their eyes; and there will no longer be any death; there will no longer be any mourning, or crying, or pain” (Rev. 21:4). Look up, Christian, for your redemption is drawing near (Luke 21:28).

Romans 12:15

☐ Friday - Your Prayers Are Received.

Psalm 6:8-9

David declares, “For the Lord has heard the voice of my weeping. The Lord has heard my supplication, the Lord *receives* my prayer” (Psalm 6:8-9). The Lord does not hear the even the most fervent prayers of the wicked (Prov. 15:8, 29); yet He not only hears but “receives” your prayers, Christian. May your prayers today ascend before His throne like fragrant incense (Psalm 141:2; Rev. 5:8, 8:1-4).

1 Peter 3:12