



Prayer Guide: Psalm 6

By Justin Jeppesen at strategicrenewal.com

TO THE CHOIRMASTER: WITH STRINGED INSTRUMENTS; ACCORDING TO THE SHEMINITH. A PSALM OF DAVID.

- 1 O LORD, rebuke me not in your anger,
nor discipline me in your wrath.
- 2 Be gracious to me, O LORD, for I am languishing;
heal me, O LORD, for my bones are troubled.
- 3 My soul also is greatly troubled.
But you, O LORD—how long?
- 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?
- 6 I am weary with my moaning;
every night I flood my bed with tears;
I drench my couch with my weeping.
- 7 My eye wastes away because of grief;
it grows weak because of all my foes.
- 8 Depart from me, all you workers of evil,
for the LORD has heard the sound of my weeping.
- 9 The LORD has heard my plea;
the LORD accepts my prayer.
- 10 All my enemies shall be ashamed and greatly troubled;
they shall turn back and be put to shame in a moment.

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REVERENCE

Rebukes and Disciplines -v. 1

Gracious -v. 2; Healer -v. 2

Deliverer -v. 4; Steadfast love -v. 4

Hears our weeping -v. 8

Hears my plea, accepts my prayer -v. 9

God's discipline never brings despair, but always has a word of hope, healing, and restoration

Prayer Prompts

Lord, I praise You that You have been gracious to me when...

Lord, I give You thanks for hearing and answering me when I cried out to You about...

RESPONSE

"I surrender my trouble of _____ and will patiently wait for You Lord to respond." (v. 2-4)

"Lord, I confess my weariness about _____ and trust that You will bring deliverance."
(v.6-7)

"I repent of my impatience and doubt as I wait for You to answer my cry for _____" (v. 6-7)

REQUEST

Lord, please bring your deliverance/healing to _____ (name) and help him/her look to You alone in their trouble.

For the sake of Your steadfast love, bring salvation to my _____ (mention specific loved ones; friends; neighbors; co-workers)

Because You know my weeping about _____ please strengthen and sustain me so I can give you praise!

READINESS

– O Lord, cause workers of evil to depart from my...(name specific areas of your life where you are facing battles and/or temptation)

– Turn back and put to shame the enemies presence in _____(person, circumstance, etc).
(Antiphonal Response) ALL: "The Lord has heard my cry!"