

“FROM WEAKNESS TO STRENGTH”

Psalm 6:1-10

(A Prayer For Strength When Your Spirit Is Low)

“Have mercy upon me, O Lord; for I am weak; O Lord, heal me; for my bones are vexed... the Lord hath heard my supplication; the Lord will receive my prayer.” (v. 2, 9)

— INTRODUCTION —

Fact: Psalm 6 was written by David to the chief musician (written to be sung with music)

Fact: It was a prayer for strength when David was weak and weary, in need of lifting.

Fact: It was a request in the midst of pain, disappointment, trial and grief.

Fact: It was a prayer God answered, and still answers today when the load seems heavy and burdens are many.

4 Seasons When God Still Answers Prayer — Today !

I. When you are *WEAK*

“Have mercy upon me, O Lord, for I am weak” (v. 2)

Question: What does it mean to be weak?

Answer: The Hebrew word for “weak” means:

To faint, languish, wither, droop as a flower.

Question: Why is David weak?

Answer: “For my bones are vexed” (v. 2)

Fact: The word “Vexed” means mental anguish

- It means to be **harassed** in your thinking.
- It means to be **consumed** with anxious thoughts.
- It means to be **pulled apart** in your mind.

Question: What resulted from David’s worry and anxiety?

- David’s **strength & enthusiasm** were sapped.
- David’s physical body became **exhausted**.
- David became **drained** of all **vitality**.

“My soul is sore vexed” means:

- David is full of **anguish** in view of pending circumstances.
- David is **uptight** over hurdles before him.

Question: Any anxious thoughts consuming your mind today?

Question: Any pending circumstances have you uptight?

Question: Any disappointments left you upset? (If so – Philippians 4:6,7 still works today)

II. When You Are *WEARY*

“I am weary with my groaning” (v. 6)

Question: What does it mean to be weary?

Answer: The word “weary” means **faint, exhausted, weighed down.**

Question: What exhausted David?

Answer: “I am weary with my groaning” (v. 6)

The word “Groaning” means:

- David’s grief was **constant** and his strength was **failing**.
- David’s stress was from an **intense burden**.
- David became disheartened from extreme **disappointment**.

Question: What can happen from groaning and weariness?

Answer: All the night make I my bed to swim; I water my couch with my tears” (v. 6)

Fact: Instead of sleeping, David is stirring throughout the night.

Fact: Instead of resting, David is restless and agitated.

Fact: Instead of shouting, David is covered with grief and tears.

Question: Any burden that weighs you down today?

Question: Has (v. 7) touched your life (“Mine eye is consumed because of grief”) ?

Question: Is there any pain or grief that needs grace today? (If so, II Cor. 1:3-7 is still true)

III. When You Are *WAXING*

“Mine eye is consumed because of grief; it waxeth old because of all mine enemies.” (v. 7)

Fact: David is consumed with grief and anxiety because of surrounding circumstances.

Fact: David’s eye “waxeth old” means:

- To obscure the power of **vision**.
- To obscure the need to **focus**.
- To obscure the ability to **see**.

Question: What has happened to David?

Answer: The same thing that happens to many:

- The enemy causes David to lose his vision.
- The enemy blinds David to God’s long range plans.
- David fails momentarily to look beyond the immediate.
- David loses sight of what always follows testing.

Question: Has your vision become blurred because of a setback?

Question: Has criticism (like David’s) dented your attitude and outlook?

Question: Have your eyes “waxed old” and caused you to lose sight of the “whole picture” of your life?

When Responding To Enemy Criticism:

1. Be slow (Prov. 14:29)
2. Be soft (Prov. 15:1)
3. Be searching (Ps. 119:23)
4. Be seeking (Ps. 109:4)

When Responding To Grief Or Discomfort:

Know Hebrews 12:11, Deut. 8:15-16, Ecc. 3:11, I Peter 1:6-7

IV. When You Are *WEEPING*

“The Lord has heard the voice of my weeping” (v. 8)

Question: What does (v. 8) guarantee you today?

- Your prayers accompanied by tears have not fallen to the ground unattended!
- Your God assures you that He regards your prayer and supplication.

In other words:

- It was in prayer that God broke into David’s soul with revelation.
- It was in prayer where David was given courage and stamina.
- It was in prayer where God stepped in!

It Works Today !

“The Lord hath heard my supplication” (v. 9) means:

The Lord answered David and the Lord will answer you !

Why ?

Because prayer gives God the tool He needs, to lift us from where we are to where He intends for us to be!!!

AMEN !
Pastor Bill Kirk