



Heal Me, O Lord
6th in the “Psalms” Series
Psalm 6
October 9, 2022
Pastor Mickey Klink

Introduction

In this sermon we are instructed in the importance of the confession of sin.

The Text: Psalm 6

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.

Psalm 6 teaches the Christian two reasons why the confession of sin is important:

1) The problem of unconfessed sin (vv. 1-7).

2) The promise of confessed sin (vv. 8-10).

1 John 1:8-10: ⁸ If we say we have no sin, we deceive ourselves, and the truth is not in us. ⁹ If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. ¹⁰ If we say we have not sinned, we make him a liar, and his word is not in us.

Response

Lord, help us to receive the gospel of grace as we deal with the reality of our sinful actions and behaviors.

Sunday Text Questions

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- 1) Starter Question: What role does the confession of sin play in your Christian life?
- 2) Read the text aloud and discuss together any significant observations or issues needing clarification.
- 3) Why do you think the Psalmist is fearful of or praying for mercy to God (vv. 1-3)?
- 4) How should our sin affect us? Is too much or too little worry a problem?
- 5) In vv. 6-7, the Psalmist describes the physical impact of his sin. How does sin affect our bodies, emotions, and behaviors?
- 6) What made the Psalmist become confident with his sins before God in vv. 8-10?
- 7) Read 1 John 1:8-10. How does this Scripture passage instruct us regarding the confession of sin?
- 8) What does the confession of sin look like (be practical)?
- 9) How often and in what ways should we practice the confession of sin (individually and corporately)?
- 10) How should the confession of sin be practiced in relation to the Lord's Supper?

Further study this week: Passages on the confession of sin: James 5:16 (Mon); Psalm 32:5 (Tues); Proverbs 28:13 (Wed); 1 John 2:1-2 (Thurs); Psalm 69:5 (Fri).