

Psalms 6
Jan 19th
Liquid Prayers

"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?" - Verse 1-3

No Condemnation

"There is now therefore no condemnation to those who are in Christ Jesus." - Rom. 8:1

"The chastening for our wellbeing fell upon Him, and by His scourging we are healed." - Isaiah 53:5

What a comfort to know that the wrath due us has been poured out on Christ!

Lord, do I believe Your Word about this? Do my life and thoughts reflect otherwise? In what ways?

The Opposition of God

"When I kept silent about my sin, my body wasted away through my groaning all day long. For day and night Your hand was heavy upon me; my vitality was drained away as with the fever heat of summer. I acknowledged my sin to You, and my iniquity I did not hide; I said, 'I will confess my transgressions to the Lord', and You forgave the guilt of my sin." - Ps. 32:3-5

"God is opposed (literally "sets himself in battle array") to the proud, but gives grace to the humble." - 1 Pet. 5:5

"If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness." - 1 John 1:9

Running from God, as Jonah experienced, is anything but wise. To pursue sin and turn a deafened ear to God's correction is to "invite God to play hard ball". (Confession, by contrast, is to turn from sin to God.) The opposition of God is unlike any other! However, the worst thing that could happen to us is for God to leave us un-opposed.

God, what sin in my heart and/or life needs to be confessed? Truly I cannot fix it without You, but I acknowledge my sin to You, the only Fix!

God's Unfathomable Kindness in Discipline

"Blessed is the man whom You chasten, O Lord, and whom You teach out of Your law; that You may grant him relief from the days of adversity, until a pit is dug for the wicked." Ps. 94:12-13

"The judgments of the Lord are true; they are righteous altogether; they are more desirable than gold, yes, than much fine gold; sweeter also than honey and the drippings of the honeycomb. Moreover, by them Your servant is warned; in keeping of them, there is great reward." - Psalm 19:9-11

As the Psalmist in Psalm 73 recognized in verse 21-24, God's pursuit of him with needed chastening and refining, even when he was thinking of God as unjust, was unfathomable kindness! "With Your counsel You will guide me, and afterward receive me to glory," was his eye-opened perspective.

God, Your Word says that rebukes for discipline are the way of life (Prov. 6:23). You have said that You are for me (Rom. 8:31), and that includes especially when You are opposing my sinful, self-destructive way! Am I

taking Your discipline, correction, and guidance as anything less than love? In what ways?

"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." - Verse 4-10

Is it not sweet to know that our tears are understood even when words fail?! Let us learn to think of our tears as liquid prayers. When David's physical, mental and spiritual abilities came to an end, His prayer prevailed in the throne room of heaven. God answered him in the middle of his bone-wrenching, sleep-stealing, and soul-killing pain! He got up from his bed drenched with tears, with the unshakable confidence of a Heavenly order for all those who do iniquity to depart from him!

Does God Care About My Pain?

"He does not willingly (literally "from His heart") afflict or grieve the sons of men." - Lam. 3:33

"You have taken account of my wanderings; put my tears in Your bottle. Are they not in Your book?" - Ps. 56:8

"Can a woman forget her nursing child and have no compassion on the son of her womb? Even these may forget, but I will not forget you. Behold, I have inscribed you on the palms of My hands; Your walls are continually before Me." - Is. 49:15-16

"For we do not have a High Priest who cannot sympathize with our weaknesses." - Heb. 4:15

Here in Psalm 6, the Psalmist highlights not just the answer to prayer that God will give, but His attention to our tears...even recording them in His book!

God, do I feel You are indifferent to my pain? Ever? In what situations, or to what degree? Jesus, do I interpret Your incomparable endurance in Your suffering on this earth as cause for indifference at my agony in much smaller woes, versus the fueling of infinite experiential compassion? Lord, You have promised that the sufferings of this time are not worthy to be compared with the glory that will be revealed in me (Rom. 8:18), You use our suffering to prepare us a eternity - and deepen our fellowship with You know. So I thank You for allowing _____ suffering in my life and for how You will turn it for good - better than if it never happened, as I yield it into Your hand.