

# A Survey of the Psalms - 1

## Psalm 6

### *The Weak Saint*

Focus Verse: Psalm 150:6

Lesson Verse: Mark 14:38

**I. Introduction to the Book of Psalms**

- A. The Book of Psalms in the Old Testament is God's answer to the headaches and heartaches of life. Without it the Bible would not be complete - as a matter of fact, next to the Gospels, Psalms is probably the most read part of the Bible because of the reality and the promises found there!
- B. Psalms is not a fairy-land Book though - always talking about airy-fairy feelings, but down-to-earth experiences, and the way through them. David is the greatest window in the mind of Christ, and how to rely on it!
- C. We have seen various kinds of people described so far, but this Psalm is about the weak believer!
- D. David was weak – not the vibrant leader he usually was. Not strong.
- E. He had been so strong standing up to a lion, and a bear, and even Goliath
- F. He had fought against innumerable enemies with seemingly endless strength
- G. But not today. He write a psalm about how weak he feels
- H. In that weakness he prays. Let's listen to him as he deals with WHY he is week, and HOW he gets his victory back

**II. Message - The Weak Saint****A. David's Condition (6:1-3)**

1. In trouble with God (Job 19:21)
2. Bad physical health - "I am weak" "my bones are vexed"
3. Bad emotional health - Soul is hurting
4. What Makes Us Weak - takes away our strength?
  - a) The world (Ezra 4:4) - under attack
  - b) The devil (Isa 14:12) - under attack
  - c) Immaturity (Rom 14:1)
  - d) Sin (1 Cor 11:30)
  - e) Wrestling with God
5. David is under attack - both from God and from enemies.
  - a) He has done something wrong and knows that God is against him (James 4:6) – being chastened
  - b) You CAN handle it when only under attack from enemies! Don't get in a fight with God!

**B. David's Concern (6:3-5)**

1. That it is going to get worse – "but thou, O LORD, how long?"
2. That God will delay to help him
3. That David will die early (Ps 71:18)
  - a) In death there is no remembrance of thee – as far as your body goes
  - b) In the grave who shall give thee thanks

**C. David's Conviction – Admission of Guilt (6:6,7)**

1. He is weary of the chastening
2. Weary of the groaning and reaping
3. Tired of crying himself to sleep at night
4. Notice that he is sleeping on his couch alone
5. He is tired of his enemies winning over him
6. His sin, whatever it was, wasn't worth it – never is! It takes a double toll
7. He is now repenting – sorrowing (2Cor 7:10)
  - a) Driving away all the wrong influences in his life
  - b) And now able to successfully wrestle with the enemies that were overcoming him
  - c) All because his heart and life were finally getting right

**D. David's Conquest – His Victory over this Weakness (Ps 6:8-10; 2Cor 12:9,10)**

1. Victory must be by the Lord's righteousness (Gen 18:25; 1John 3:20,21)
2. Victory must be enjoyed by faith, BEFORE experienced by sight
3. And victory is accessed by believing prayer alone!
  - a) The LORD hath heard my supplication
  - b) The LORD will receive my prayer
4. That's when you can get back to having only ONE enemy, and trust that he will suffer instead of you too

- a) Let all mine enemies be ashamed and sore vexed
- b) Let them return and be ashamed suddenly

**III. Conclusion – When you are weak...**

- A. David was weak – not the vibrant leader he usually was
- B. In that weakness he prays
- C. **David Admits His Condition** – you need to as well
  - 1. In trouble with God (Job 19:21)
  - 2. Bad physical health - “I am weak” “my bones are vexed”
  - 3. Bad emotional health - Soul is hurting
    - a) He has done something wrong and knows that God is against him (James 4:6) – being chastened
    - b) You CAN handle it when only under attack from enemies! Don't get in a fight with God!
- D. **David has a Good Concern** – quit ignoring your spiritual condition. He knows that it is going to get worse – “but thou, O LORD, how long?”
- E. **David Admits His Guilt** - He repents
- F. **David gets Victory over this Weakness**
  - 1. By the Lord's righteousness (Gen 18:25; 1John 3:20,21)
  - 2. By faith, BEFORE experienced by sight
  - 3. By believing prayer alone!
- G. Get back to having only ONE enemy, and trust that he will suffer instead of you!