

Bible Text New International Version	What does the psalm reveal about God and how we are to approach, address, and respond to God?
<p>Psalm 6^[a] For the director of music. With stringed instruments. According to <i>sheminith</i>.^[b] A psalm of David.</p> <p>¹ LORD, do not rebuke me in your anger or discipline me in your wrath.</p> <p>² Have mercy on me, LORD, for I am faint; heal me, LORD, for my bones are in agony.</p> <p>³ My soul is in deep anguish. How long, LORD, how long?</p> <p>⁴ Turn, LORD, and deliver me; save me because of your unfailing love.</p> <p>⁵ Among the dead no one proclaims your name. Who praises you from the grave?</p> <p>⁶ I am worn out from my groaning. All night long I flood my bed with weeping and drench my couch with tears.</p> <p>⁷ My eyes grow weak with sorrow; they fail because of all my foes.</p> <p>⁸ Away from me, all you who do evil, for the LORD has heard my weeping.</p> <p>⁹ The LORD has heard my cry for mercy; the LORD accepts my prayer.</p> <p>¹⁰ All my enemies will be overwhelmed with shame and anguish; they will turn back and suddenly be put to shame.</p> <p>a. In Hebrew texts 6:1-10 is numbered 6:2-11. b. Probably a musical term.</p>	

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<p>Psalm 46^[c] For the director of music. Of the Sons of Korah. According to <i>alamoth</i>.^[d] A song.</p> <p>1 God is our refuge and strength, an ever-present help in trouble.</p> <p>2 Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, 3 though its waters roar and foam and the mountains quake with their surging.^[e]</p> <p>4 There is a river whose streams make glad the city of God, the holy place where the Most High dwells.</p> <p>5 God is within her, she will not fall; God will help her at break of day.</p> <p>6 Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts.</p> <p>7 The LORD Almighty is with us; the God of Jacob is our fortress.</p> <p>8 Come and see what the LORD has done, the desolations he has brought on the earth.</p> <p>9 He makes wars cease to the ends of the earth. He breaks the bow and shatters the spear; he burns the shields^[f] with fire.</p> <p>10 He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."</p> <p>11 The LORD Almighty is with us; the God of Jacob is our fortress.</p> <p>c. In Hebrew texts 46:1-11 is numbered 46:2-12. d. Title: Probably a musical term. e. The Hebrew has <i>Selah</i> (a word of uncertain meaning) here and at the end of verses 7 and 11. f. Or <i>chariots</i>.</p>	

Reflections

What are some of the things you fear?

Tell about a time you have cried out to the Lord in anguish. Did you feel ignored or heard? How did you see Him answer?

