

LESSON 4

# SAVE ME, O LORD!

## *Psalm 6*

*For the choir director; with stringed instruments,  
upon an eight-string lyre. A Psalm of David.*

- <sup>1</sup>O Lord, rebuke me not in your anger,  
nor discipline me in your wrath.
- <sup>2</sup>Be gracious to me, O Lord, for I am languishing;  
heal me, O Lord, for my bones are troubled.
- <sup>3</sup>My soul also is greatly troubled.  
But you, O Lord—how long?
- <sup>4</sup>Turn, O Lord, deliver my life;  
save me for the sake of your steadfast love.
- <sup>5</sup>For in death there is no remembrance of you;  
in Sheol who will give you praise?
- <sup>6</sup>I am weary with my moaning;  
every night I flood my bed with tears;  
I drench my couch with my weeping.
- <sup>7</sup>My eye wastes away because of grief;  
it grows weak because of all my foes.
- <sup>8</sup>Depart from me, all you workers of evil,  
for the Lord has heard the sound of my weeping.
- <sup>9</sup>The Lord has heard my plea;  
the Lord accepts my prayer.
- <sup>10</sup>All my enemies shall be ashamed and greatly troubled;  
they shall turn back and be put to shame in a moment.

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## **WELCOME:** *Fixing Our Focus*

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**Leader:** Ask the group to share a challenge or trial that they are currently undergoing, or the most recent experience. If they're not undergoing one currently, ask them what made the experience particularly difficult for them.

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## **WORSHIP:** *Adoring Our God*

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Suggested songs:

*Cornerstone* by Hillsong Worship

*He Will Hold Me Fast* by Ada Habershon

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## **WORD:** *Understanding the Word*

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### **Introduction**

Have you ever felt like your troubles are so great and God is so far away, as if your prayers are not reaching Him? Are you having trouble with your studies and no matter how hard you try, your grades are not going up? Perhaps you are suffering due to an illness, and things are getting worse over time. Or your business has been losing money, getting closer to bankruptcy, and all interventions are not doing anything to improve the situation. Maybe there is conflict within your marriage or family, and each time you meet together to try to reconcile, it ends up with the rift growing larger. You are at your wit's end, and God seems silent to all your pleas. As you relate to this psalm, where the psalmist feels like God has abandoned him because of his overwhelming situation, let God's Word keep your life in tune with Him.

**Leader:** Lead in reading Psalm 6 aloud together. Then read the paragraph on the "Key Verse."

**Key Verse:** Although the psalmist sees his situation as bleak, almost hopeless, he knows that ultimately only the Lord, because of His steadfast love, can save him. This can be found in verse 4, "Turn, O Lord, deliver my life; save me for the sake of your steadfast love."

**Psalm 6:1-3. Theme:** \_\_\_\_\_

1. Underline the phrases where the psalmist describes his current state. How would you describe it in your own words?
2. Encircle the phrases containing the psalmist's requests to the Lord. Why do you think the psalmist makes these requests?

*In the space above, write what you think is the theme of verses 1-3.*

**Psalm 6:4-5. Theme:** \_\_\_\_\_

1. What does the psalmist ask of the Lord? (v. 4)
2. What are the reasons enumerated by the psalmist why God should save him? (vv. 4-5)

*In the space above, write what you think is the theme of verses 4-5.*

**Psalm 6:6-7. Theme:** \_\_\_\_\_

1. Underline the phrases which the psalmist used to describe his state. What do they have in common? (vv. 6-7)
2. The psalmist suddenly introduces his foes as the reason behind his sorry state. Why do you think this is significant?

*In the space above, write what you think is the theme of verses 6-7.*

**Psalm 6:8-10. Theme:** \_\_\_\_\_

1. Encircle the actions of the Lord in this portion of the passage. Why do you think there is a sudden change of tone in the latter part of the psalm?
2. What does the psalmist say to his enemies?

*In the space above, write what you think is the theme of verses 8-10.*

### **Psalm 6 in the New Testament**

1. Read Matthew 26:36-38. How are the feelings of Jesus and the psalmist similar?

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## **WALK:** *Applying the Word*

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### **Questions for Adults**

1. Have you gone through, or are going through, a seemingly hopeless situation? Share your experience with the group.
2. If you have shared an experience from your past, share with the group how God intervened in your situation.
3. Oftentimes, it helps to share your troubles to trusted friends. Resolve as a group to be open to each other, sharing your troubles with one another, and praying with and for each other.
4. Individually and as a group, pray back this psalm to God. You could start by saying something like:  
*Father, I am weary and burdened right now. But I know that will not abandon me because of your unfailing love.*
5. Pray for each other (Prayer requests to be shared by each other).

## **Questions for the Youth**

1. The most difficult and overbearing times are those that usually test our faith. The psalmist's response to his difficulties was to approach God with authenticity. In trying times, do you approach God? What may be hindering you from approaching him?
2. The psalmist had been crying out to God for a long time. It seemed as though God was not answering his prayers. What are some things you have been praying for that God hasn't answered yet?
3. The psalmist trusted that God would hear his plea. He was certain that God would pull him out of his misery because he intimately knew God. How is your relationship with God? What can we do to make us remember his character during difficult times?

## **Questions for Children**

1. We see in superhero movies that people need to be saved from bad things and bad people. But God also did the same thing for you! He saved you from your sin and from your troubles because He loves you! Take time now to thank Him for saving you.
2. What is one thing you keep worrying about? Is it an exam in one of those difficult subjects? Is it that school competition? Write it down and ask the Lord to help you rest in His promises and grace.
3. Verse 9 says that the Lord hears you when you pray. Take time to pray for your family's needs. Also, pray for those who do not know Jesus yet such as your friends and your relatives. Ask Jesus to save them too.