

"Psalm 6: Nighttime Grief" Psalm 6

All worshippers of the Lord are invited to express their innermost thoughts and feelings to Him. Worshippers are reminded that the Lord is their counselor, their healer, their standard, their protector.

Psalms Bible Study: Evening

Week 1 Intro & Psalm6

Week 2 Psalm 19

Week 3 Psalm 30

Week 4 Psalm 51

Week 5 Psalm 73

Introduction to the Psalms – a brief overview and introduction to the Book of Psalms

- The term psalm means "melody"
- It's POERTY!
- It's MUSIC!

Each psalm has order & structure just like other poems and songs.

Types of music familiar to us:

- Jazz, Rock, R&B, Soul
- Gospel, Blues, Classical, Country
- Reggae, Pop, Rap, Hip Hop, Latino

Types of psalms: see handout

- Individual (39%)
- Hymns of Praise (21%)
- Communal (18%)
- Instructional (15%)
- Royal (7%)

Literary constructs:

- Parallelism: the key to understanding the Psalms: see pg. 14 of notebook
- Synonymous
- Contrasting
- Climatic
- Synthetic
- Emblematic

Arrangement of Psalms

- Introduction: 1-2
- Book One: 3-41
- Book Two: 42-72
- Book Three: 73-89
- Book Four: 90-106
- Book Five: 107-145
- Conclusion: 146-150

Musical terms throughout

- Chief Musician
- Arrangement; Lightly
- Choir, Soprano
- Strings; Octave
- Crescendo; Pause; Vibrate
- Psalm, Song, Poem, Praise, etc.

Musical instruments throughout

- Trumpet, harp, lyre
 - Timbrel, stringed instruments, pipe
 - Loud cymbals, resounding cymbals
 - All of these in Psalm 150 alone!
- The Psalms are an inspired collection of Hebrew poetry and songs that arise out of experiences with which we can all identify.
 - Psalms arose from real people wishing to express themselves during times of prosperity, adversity, holiness, sinfulness, despair, joy, thanksgiving, praise, worship.

Praise and Worship are two major themes seen throughout the Psalter.

- Praise extols God's actions & attributes
- Worship reminds us of our proper place under God ("to bow down")

"In any area of life one naturally praises what one appreciates; in fact, the praise is part of the enjoyment. It does not matter whether it is sports, flowers, sunsets, children, cars, great books, or anything else. To enjoy something fully one must speak of it."

—C.S. Lewis, *Reflections in the Psalms*

Psalms Importance to OT:

- Inspired Backgrounds (Psalm 3, e.g.)
- "Richer" insights of life with the Lord

Psalms Importance to NT:

- 50% of the OT quotes in the NT are from the Psalms
- "Speaking to one another in psalms, hymns and spiritual songs, singing and making melody with your heart to the Lord" (Eph. 5:19)

Psalm 6: Nighttime Grief

"I am weary with my sighing; every night I make my bed swim, I dissolve my couch with my tears."

—Psalm 6:5-6

King David

- Enthroned over Judah @ 30 in Hebron
- Enthroned over Israel @ 37 in Jerusalem
- Death (after 40 year reign) @ 70 (971 BC)

Psalm 6 = Individual Lament Psalm

Lament Psalms Structure/Components:

- Problem stated
- Complaint
- Trust in God stated
- Petition
- Confidence in being heard
- Solution provided
- Vow to praise once delivered

This is the first of 7 penitential psalms in the Book of Psalms.

- Penitential psalms seek reconciliation.
- Psalms 6, 32, 38, 51, 102, 130 & 143

Background: unclear; 2 possible events...

- David's sin with Bathsheba and Uriah (2 Sam 11)
- David's brief exile from Jerusalem during Absalom's attempt to overthrow David's throne (2 Sam 14-18).

Absalom ("my father is peace")

- Handsome son of David by Maacah in Hebron when David was about 35 years old
- Brother of Tamar who was raped by Amnon, David's oldest son
- Slays Amnon & flees north to Geshur for 3 yrs.
- Is permitted by David to return to Jerusalem (around age 24; David = 59)
- Does not see David for two years
- Begins conspiracy while David builds his palace and the tabernacle and then places the ark

Absalom

- Absalom's 4-year Conspiracy (2 Sam. 15)...
- Weapons & men procured (15:1)
- Criticism of David (15:2-3)
- Promises to be better than David (15:4)
- Exercised personal charm & flattery (15:5-6)

- "So Absalom stole away the hearts of the men of Israel" (15:6)

Absalom & David

- Absalom's Rebellion & David's Exile (15:7-23):
- Absalom is now about 30; David 65
- David has been king for 35 years
- And David said to all his servants who were with him at Jerusalem, "Arise and let us flee, for otherwise none of us shall escape from Absalom. Go in haste, lest he overtake us quickly and bring down calamity on us and strike the city with the edge of the sword."
- "And David went up the Mount of Olives and wept as he went, and his head was covered and he walked barefoot." (2 Samuel 15:14 & 30)

Psalm 6: Message

The servant of the Lord, being reproved by the Lord, petitions God for deliverance, and finding assurance that his prayer has been heard, warns his persecutors to depart for they are about to be put to shame.

Psalm 6

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

- 1 O LORD, do not rebuke me in Your anger, nor chasten me in Your wrath.
- 2 Be gracious to me, O LORD, for I am pining away; Heal me, O LORD, for my bones are dismayed.
- 3 And my soul is greatly dismayed; But You, O LORD—how long?
- 4 Return, O LORD, rescue my soul; Save me because of Your lovingkindness.
- 5 For there is no mention of You in death; In Sheol who will give You thanks?
- 6 I am weary with my sighing; Every night I make my bed swim, I dissolve my couch with my tears.
- 7 My eye has wasted away with grief; It has become old because of all my adversaries.
- 8 Depart from me, all you who do iniquity, for the LORD has heard the voice of my weeping.
- 9 The LORD has heard my supplication, the LORD receives my prayer.
- 10 All my enemies will be ashamed and greatly dismayed; They shall turn back, they will suddenly be ashamed.

Psalm 6 - Individual Lament Psalm

- Superscription: (verse one in the Hebrew text) "For the choir director; with stringed instruments, upon an eight-string lyre. A Psalm of David."
- The introduction to this psalm was written as "To the chief Musician on Neginoth (stringed instruments) upon Sheminith (eight-string lyre)."
- "*Neginoth*" is believed to mean stringed instruments (like psalm 4) and "*Sheminith*" is from a word meaning "eighth" referring either to an

instrument of 8 strings as some scholars believe or as a reference to an octave – and particularly the lowest octave sung by male voices.

- Superscription
- Address to God & Introductory Lament (1-3)
- Petition & Motivation (4-5)
- Lament (6-7)
- Certainty of Being Heard (8-10)

Address & Lament: The psalmist prays to God for deliverance from his afflictions (1-3).

- Address: "Lord" (4 times) (Yahweh)
- Anger (face)...wrath (heart)
- Gracious ("chen") = unearned favor
- Heal ("rapha") = return to wholeness
- Introductory Lament:
- Dismayed ("disturbed") (same in 2, 3 & 10)
- How long?

Petition and Motivation: The psalmist petitions the Lord to answer him for two reasons (4-5):

- Petition: the Lord should save him from this dilemma because of His loyal love (4).
- Motivation: the Lord should turn to deliver him because of the lack of remembrance and praise of Him in death (5).

Key words...

- Save ("yasha") = deliver; rescue
- Loyal Love = Lovingkindness ("hesed")
- KEY TO PSALM 6
- Sheol = doctrine still being defined in the OT; primary meaning = grave (death)

Lament: The psalmist calls attention to his suffering and distress (6-7).

Note the descriptors...

- Weary
- Sighing
- Every night
- Crying (bed swim, dissolve my couch; eye now wasted away and old)
- Reason: adversaries

Certainty of Being Heard: The psalmist exhorts his adversaries to depart because he is assured that the Lord has heard his prayer and will put them to shame (8-10).

Depart adversaries, because...

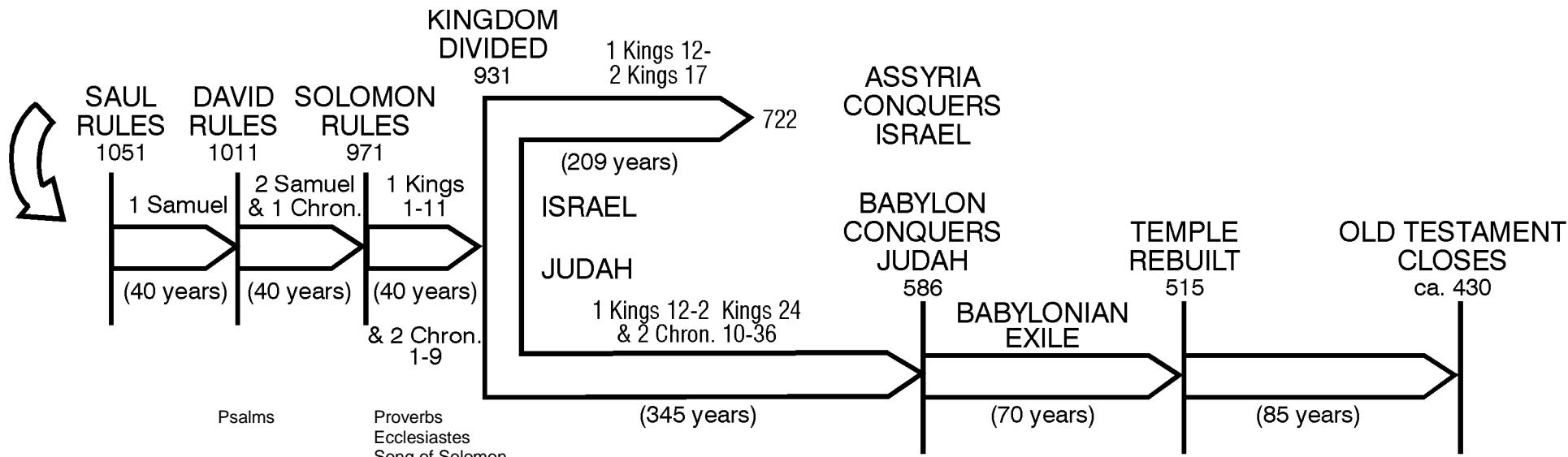
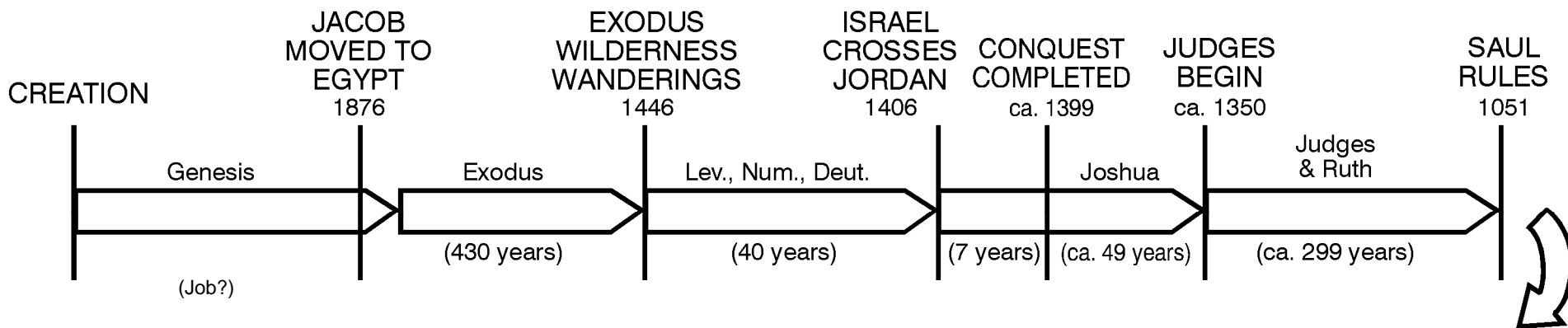
- Yahweh has certainly heard my prayer (3x)
- Shame (2x) ("bosh" as in *Ish-bosh-eth*)

- Look who's "dismayed" now! (6:2-3)
- Turn back (same as "return" in 6:1)

Psalm 6: Application for today

All worshippers of the Lord are invited to express their innermost thoughts and feelings to Him. Worshippers are reminded that the Lord is their counselor, their healer, their standard, their protector.

An Overview of Old Testament History



- | | | |
|--|--|--|
| Pre-exilic prophets | Exilic prophets | Post-exilic prophets |
| <p>840-760
Obadiah
Joel
Jonah</p> | <p>740-680
Isaiah
Amos
Hosea
Micah</p> <p>627-580
Jeremiah
Lamentations
Habakkuk
Zephaniah
Nahum</p> | <p>Daniel
Ezekiel
Jeremiah (Ezra)</p> <p>Haggai
Zechariah
Malachi (Ezra)
Nehemiah
Esther</p> |

CLASSIFICATION OF PSALMS

I. *HYMNS OF PRAISE*, (31 Psalms)

1. *Hymns Proper*: 8, 19, 29, 33, 100, 103-104, 111, 113-114, 117, 135, 136, 145-150. Contains responsories, "Amen," "Hallelujah." etc.
2. *Psalms of the Lord's Enthronement or Kingship*: 47, 93, 96-99
3. *Songs of Zion*: 46, 48, 76, 84, 122, 132. (extolling Zion or Jerusalem)

Characteristic elements:

- a. Introduction or Call to Worship, e.g., "Praise the Lord."
- b. Body of hymn describing God's acts or attributes.
- c. Conclusion, calling for renewed praise or obedience.

II. *INDIVIDUAL LAMENTS, EXPRESSIONS OF CONFIDENCE IN GOD OR THANKSGIVING*. (58)

1. *Individual Laments*: 5-7, 13, 17, 22, 25-26, 28, 31, 35-36, 38-39, 42-43, 51, 54-57, 59, 61, 63-64, 69-71, 86, 88, 120, 130, 140-143.
2. *Individual Confidences Expressed*: 3-4, 11, 16, 23, 27, 62, 121, 131.
3. *Individual Thanksgiving*: 9-10, 30, 32, 34, 40-41, 92, 107, 116, 138.

Characteristic Elements of Laments:

- a. Address to God and cry for help.
- b. Complaint often expressed in figures.
- c. Confession of trust.
- d. Petition for the Lord's help.
- e. Appeal to God's special care or covenant promise.
- f. Vow of praise and thanksgiving.
- g. Confidence of God's answer.

III. *COMMUNITY LAMENTS, CONFIDENCES, OR THANKSGIVING*. (27)

1. *COMMUNITY LAMENTS*: 12, 44, 58, 60, 74, 77, 79-80, 82-83, 85, 90, 94, 106, 108, 123, 126, 137.
2. *Community Confidence Expressed*: 115, 125, 129.
3. *Community Thanksgiving*: 65-68, 118, 124.

Characteristic elements or form similar to the individual groupings.

IV. *ROYAL PSALMS*: (of Israel's Temporal King, looking to the Eternal King). (11)

1. *Royal Marriage*: 45.
2. *Coronations*: 2, 72, 101, 110.
3. *Battle Songs*: of prayer or praise: 18, 20-21, 89, 144

Presented in various forms.

V. *INSTRUCTION OR DIDACTIC PSALMS*. (23)

1. *Wisdom Psalms*: 1, 37, 49, 73, 91, 112, 119, 127-128, 133, 139.
2. *Historical Psalms*: 78, 105.
3. *Prophetic Exhortation*: 14, 50, 52-53, 75, 81, 95.
4. *Liturgies*: 15, 24, 134.

Characteristic elements of teaching such as proverbs, exhortations, historical reflections, contrasts of the righteous and the wicked, and reminders of the "blessed."

Source: Leopold Sabourin, *The Psalms: Their Origin and Meaning* as quoted by Stanley A. Ellisen, *Knowing God's Word*