

BROKEN HEARTED BY GRIEF!

Psalm 6:1-10

INTRODUCTION: What becomes of the broken hearted? That is a question that every person who has ever experienced loss, loneliness, rejection, shame and abandonment has asked themselves many times. Moses reminds us that God is our refuge and underneath are the everlasting arms: Deuteronomy 32:27. Psalm 6 is a personal lament by King David who feels troubled by his many enemies. Like David are you trying to make sense and find hope in your seemingly hopeless situation?

I. WHEN OUR GRIEF IS PERSONAL!

Here is Psalm 6 David does not resist the rebuke of the Lord, but he asked that he not be rebuked in anger. Instead of punishment David wants his character to be changed: Psalm 6:1. When we confess our sin, we can receive God's mercy instead of His punishment. We don't deserve God's grace but we are so thankful that He extends grace to each of us. David tells us he is in deep anguish: Psalm 6:2-3. A troubled mind results in being upset about life and a feeling of unease.

II. DAVID TRUNS HIS GRIEF OVER TO HIS GOD!

When our thoughts are anxious one of the questions we ask of God is "how long?" David cries out to His God to deliver him: Psalm 6:4. Like David, when we cry out to our God and hear only silence we want to know why doesn't God intervene on our behalf when we pray and when will our suffering end so our situation will change. God's unfailing love (chesed) is used 248 times in the Scriptures and is based on God's covenant with those who trust in Him. God chose the nation of Israel, David and you and I not because of what we had done but on His grace: Deuteronomy 7:7-10. David calls out to God for deliverance from death: Psalm 6:5. Praise is what God desires from His people in recognition of what He has done for us in meeting our needs and forgiving our sins: Psalm 103:1-5.

III. WE MUST LEARN TO GIVE PRAISE IN THE MIDST OF OUR GRIEF!

The burden of our grief may not be visible but it is exceedingly heavy. Our tears in our times of grief is a God given reaction and a physical release of the emotional pain we feel: Psalm 6:6-8; Proverbs 14:10. Each heart knows its own bitterness. Remember, no two life experiences are ever the same for any two different individuals. King David here is a basket case. Grief is a part of every life on this earth because we live in a sinful world: Job 5:7.

IV. GAINING A CONFIDENT FAITH!

There is a sudden change that place here in David's heart. David goes from sorrow to confidence because he feels the Lord has heard his prayer: Psalm 6:8-9. Because God has heard his prayer David knows God will once again bless his life. We can rejoice in our God's mercy to not only David but to all who will confess their sins and repent of them: 1 John 1:9. David now believes that God will once again fight against his enemies for him: Psalm 6:10. We need to ask for God's mercy when we are hurting or suffering. We need to learn to wait on our Lord's proper timing. We need to realize that grief is a natural part of loss and sorrow in this life. We need to believe that God will hear our prayers and act on them. Our God can deliver us from any grief we are experiencing: James 5:16. In our times of grief we must learn to cry out to our God and receive His help! Hebrews 4:14-16.