

Psalm 006 - Individual Lament: Penitent Prayer and Petition for Deliverance

Psalm 6

A Prayer in Times of Trouble

- 1 LORD, do not rebuke me in Your anger, Nor discipline me in Your wrath.
- 1 O LORD, do not rebuke me in Your anger, Nor chasten me in Your wrath.
- 1 LORD, in your anger, do not rebuke me, in your wrath, do not discipline me.
- 1 O LORD, rebuke me not in thine anger, neither chasten me in thy hot displeasure.

- 2 Be gracious to me, LORD, for I am frail; Heal me, LORD, for my bones are horrified.
- 2 Be gracious to me, O LORD, for I am pining away; Heal me, O LORD, for my bones are dismayed.
- 2 Be gracious to me, LORD, because I am fading away. Heal me, because my body is distressed.
- 2 Have mercy upon me, O LORD; for I am weak: O LORD, heal me; for my bones are vexed.

- 3 And my soul is greatly horrified; But You, LORD—how long?
- 3 And my soul is greatly dismayed; But You, O LORD—how long?
- 3 And my soul is deeply distressed. But you, LORD, how long do I wait?
- 3 My soul is also sore **vexed**: but thou, O LORD, **how long**?
 - "...vexed" - 17th century more vehement: "faint, weak, troubled, terrified"
 - "...how long?" This phrase shows up 16x in the Psalms...

- 4 Return, LORD, rescue my soul; Save me because of Your mercy.
- 4 Return, O LORD, rescue my soul; Save me because of Your lovingkindness.
- 4 Return, LORD, save my life! Deliver me, because of your gracious love.
- 4 Return, O LORD, deliver my soul: oh save me for thy mercies' sake.

- 5 For there is no mention of You in death; In Sheol, who will praise You?
- 5 For there is no mention of You in death; In Sheol who will give You thanks?
- 5 In death, there is no memory of you. Who will give you thanks where the dead are?
- 5 For in death there is no remembrance of thee: in the grave who shall give thee thanks?
 - The OT view of afterlife was limited (2 Tim 1:10)

6 I am weary with my sighing; Every night I make my bed swim, I flood my couch with my tears.

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

6 I am weary from my groaning. Every night my couch is drenched with tears, my bed is soaked through.

6 I am weary with my groaning; all the night make I my bed to swim; I water my couch with my tears.

7 My eye has wasted away with grief; It has grown old because of all my enemies.

7 My eye has wasted away with grief; It has become old because of all my adversaries.

7 My eyesight has faded because of grief, it has dimmed because of all my enemies.

7 Mine eye is consumed because of grief; it waxeth old because of all mine enemies.

8 Leave me, all you who practice injustice, For the LORD has heard the sound of my weeping.

8 Depart from me, all you who do iniquity, For the LORD has heard the voice of my weeping.

8 Get away from me, all of you who practice evil, for the LORD has heard the sound of my weeping.

8 Depart from me, all ye workers of iniquity; for the LORD hath heard the voice of my weeping.

9 The LORD has heard my pleading, The LORD receives my prayer.

9 The LORD has heard my supplication, The LORD receives my prayer.

9 The LORD has heard my plea; the LORD receives my prayer.

9 The LORD hath heard my supplication; the LORD will receive my prayer.

10 All my enemies will be put to shame and greatly horrified; They shall turn back, they will suddenly be put to shame.

10 All my enemies will be ashamed and greatly dismayed; They shall turn back, they will suddenly be ashamed.

10 As for all my enemies, they will be put to shame; they will be greatly frightened and suddenly turn away ashamed.

10 Let all mine enemies be ashamed and sore vexed: let them return and be ashamed suddenly.