

# Psalm 6: Praying our Tears

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# Psalm 6

- Where is God in our suffering?
  - The Psalmist's experience
  - (A little of) my experience
  - Jesus' experience
- How can tears help?

# (1) Where is God in our suffering?

- God is **present** in - and shares in - our pain and tears (rather than miraculously changing everything that hurts)
  - (although occasionally he does, e.g. raising Lazarus).
- **Jesus** demonstrates God's way of presence and perseverance even to and through death (Jesus' and ours).

What **images** does the  
psalmist use?

# Psalm 6:1-3

Lord, do not **rebuke** me in your anger  
or **discipline** me in your wrath.

Have mercy on me, Lord, for I am **faint**;  
heal me, Lord, for my bones are in **agony**.

My soul is in **deep anguish**.

How long, Lord, **how long**?

# Psalm 6:4-5

Turn, Lord, and deliver me;

save me because of your unfailing love.

Among the dead no one proclaims your name.

Who praises you from the grave?

# Psalm 6:6-7

I am worn out from my **groaning**.

All night long I flood my bed with **weeping**  
and drench my couch with **tears**.

My eyes grow weak with **sorrow**;  
they fail because of all my **foes**.

# Psalm 6:8-10

Away from me, all you who do **evil**,  
for the Lord has **heard** my **weeping**.

The Lord has **heard** my **cry for mercy**;  
the Lord **accepts** my **prayer**.

All my **enemies** will be **overwhelmed** with shame  
and anguish;

they will turn back and suddenly be put to  
**shame**.



# What is the psalmist's **problem**?

- v1: Lord, do not rebuke me in your **anger** or discipline me in your **wrath**.
- v2: Have mercy on me, Lord, for I am **faint**; heal me, Lord, for my bones are in **agony**.
- v7: My eyes grow weak with sorrow; they fail because of all my **foes**.
- v10: All my **enemies** will be overwhelmed with shame and anguish; they will turn back and suddenly be put to shame.

(A little of) my  
experience

# (A little of) my experience



Jesus' experience

# At Lazarus tomb...

- Jesus **wept**.
  - John 11:35
- Jesus, once more deeply **moved**, came to the tomb. It was a cave with a stone laid across the entrance. “Take away the stone,” he said. ... Jesus called in a loud voice, “Lazarus, **come out!**” The dead man came out...
  - John 11:38-39a,43b-44a

# Palm Sunday...

- As he approached **Jerusalem** and saw the city, he **wept** over it and said, “If you, even you, had only known on this day what would bring you peace—but now it is hidden from your eyes.”
  - Luke 19:41-42

# On the Mount of Olives...

- And being in **anguish**, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.
  - Luke 22:44

# Why does God **allow** suffering?

- It feels painful, unfair, unjust, ...
- Why doesn't God **do something** about it?
- Does God actually **cause** it?
- Doesn't God **care**?



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  - (although occasionally he does, e.g. raising Lazarus).
- **Jesus demonstrates** God's way of presence and perseverance even to and through death (Jesus' and ours).

How can tears help?

## (2) How can tears **help**?

- Tears help us to be **honest** with ourselves about what we are feeling & experiencing.
- Tears both invite and express **compassion**.



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- Tears - our own and for others - help us to enter into the **pain of the world**, and perhaps respond more appropriately.

*We know that the **whole creation** has been groaning as in the pains of childbirth right up to the present time.*

*For the creation waits in eager expectation for the **children of God** to be revealed.*

Romans 8:22, 19

## (2) How can tears help?

- Tears help us to be **honest** with ourselves about what we are feeling & experiencing.
- Tears both invite and express **compassion**.
- Tears - our own and for others - help us to enter into the **pain of the world**, and perhaps respond more appropriately.
- Tears hold hope for future **comfort**.
  - “Look! God’s dwelling place is now among the people, and he will **dwell with them**. ... ‘He will **wipe every tear** from their eyes. There will be **no more death**’ or mourning or crying or pain, for the old order of things has passed away.” – Rev. 21:3a,4