

# Exposition of the Psalms

## Psalm 6 – From Trouble to Trust

This is the first of seven ‘Penitential Psalms’. This word means repentant, sorry for wrong and willing to make it right by confessing sin and turning back to God. This is an individual lament in time of trouble. It could be that David was suffering from his own sinfulness with Bathsheba or because of Absalom’s rebellion.

It is important to remember Hebrews 12:7 says, “Whom the Lord loveth He Chasteneth”, His chastening is not necessarily punitive, it may be preventative.

### I. Acknowledgement of Sin (1-3)

### II. Appeal to God's Mercy(4-5)

### III. Seriousness of Suffering(6-7)

### IV. Confidence and Determination (8-10)