



## The Book of Psalms

### Praise and Prayers for Every Day

#### Psalm 6

#### Reading: Psalm 6:1-10

In the Psalms of lament from David – there are some constant themes, what are three of the things that he focuses on?

How did David respond to chastening from the Lord and how should we respond?

**Hebrews 12:11-12** *“Now no chastening seems to be joyful for the present, but painful; nevertheless, afterward it yields the peaceable fruit of righteousness to those who have been trained by it. Therefore, strengthen the hands which hang down, and the feeble knees.”*

David cries out to God and asks Him to save him *“for His mercies’ sake”* – how was David familiar with the mercy of God and how can his journey give us hope?

Living in FAITH that God hears us and receives our prayers is how we need to live our lives. How was that faith lived out in the life of Daniel?

How was that faith lived out in the life of Jesus?

**Mark 1:35** *“Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed.”*

How was that faith lived out in the life of the Apostle Paul?

**Promise to cling to this week:** *“For the Lord has heard the voice of my weeping. The Lord has heard my supplication; The Lord will receive my prayer.” (verse 8b-9)*