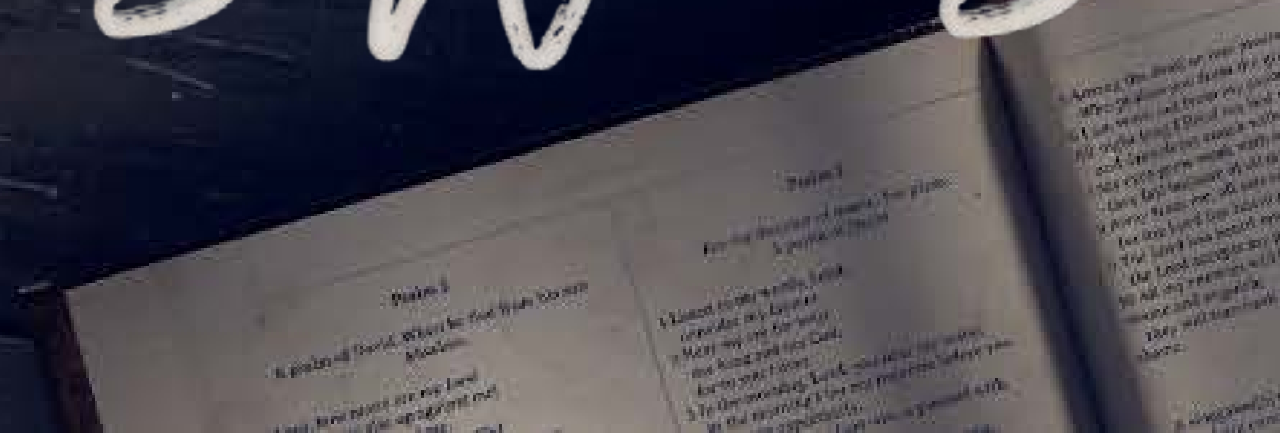


*Honest Questions  
and Sincere Tears*

*PASTOR ZAC HESS • PSALM 6*

THE  
BOOK  
OF

*Psalms.*



**When our circumstances and sins push us to the depths we cry out in trust.**

*O LORD, rebuke me not in Your anger, nor discipline me in Your wrath.*

**Psalm 6:1**



*Be gracious to me, O LORD, for I am languishing; heal me, O LORD, for my bones are troubled.*

Psalm 6:2

*My soul also is greatly troubled. But You, O LORD —  
how long?*

Psalm 6:3

*Turn, O LORD, deliver my life; save me for the sake of Your steadfast love.*

Psalm 6:4



*For in death there is no remembrance of You; in Sheol who will give You praise?*

Psalm 6:5

*I am weary with my moaning; every night I flood my bed with tears; I drench my couch with my weeping.*

Psalm 6:6



*My eye wastes away because of grief; it grows weak because of all my foes.*

Psalm 6:7

*Depart from me, all you workers of evil, for the LORD has heard the sound of my weeping.*

Psalm 6:8

*The LORD has heard my plea; the LORD accepts my prayer.*

Psalm 6:9



*All my enemies shall be ashamed and greatly troubled; they shall turn back and be put to shame in a moment.*

**Psalm 6:10**

How long will this last? (6:1–3)

Who will give You praise? (6:4,5)



How much more can I take? (6:6,7)

I know how this ends. (6:8–10)

**When our circumstances and sins push us to the depths we cry out in trust.**