

Psalm 6
English Standard Version

¹O Lord, rebuke me not in your anger,
nor discipline me in your wrath.
²Be gracious to me, O Lord,
for I am languishing;
heal me, O Lord, for my bones are troubled.
³My soul also is greatly troubled.
But you, O Lord—how long?
⁴Turn, O Lord, deliver my life;
save me for the sake of
your steadfast love.
⁵For in death there is no remembrance of
you; in Sheol who will give you praise?
⁶I am weary with my moaning;
every night I flood my bed with tears;
I drench my couch with my weeping.
⁷My eye wastes away because of grief;
it grows weak because of all my foes.
⁸Depart from me, all you workers of evil,
for the Lord has heard the sound
of my weeping.
⁹The Lord has heard my plea;
the Lord accepts my prayer.
¹⁰All my enemies shall be ashamed
and greatly troubled;
they shall turn back and
be put to shame in a moment.

Psalm 6
Translation by Robert Alter, Jewish Scholar

LORD, do not chastise me in Your wrath,
Do not punish me in Your fury.
Have mercy on me, LORD,
for I am wretched.
Heal me, for my limbs are stricken.
And my life is hard stricken.
– and You, O LORD, how long?
Come back, LORD, deliver my life,
Rescue me for the sake of Your
kindness.
For death holds no mention of You.
In Sheol who can acclaim You?
I weary in my sighing.
I make my bed swim every night,
With my tears I water my couch.
From vexation my eye becomes dim,
Is worn out, because of all my foes.
Turn from me, all you wrongdoers,
For the LORD hears the sound of my
weeping.
The LORD hears my plea,
The LORD will take my prayer.
Let all my enemies be shamed and hard
stricken,
Let them turn back, be shamed in an instant.

Psalm 6
**The Message interpretation,
by Eugene Peterson**

Please, GOD, no more yelling,
No more trips to the woodshed.
Treat me nice for a change;
I'm so starved for affection.
Can't you see I'm black-and-blue,
beat up badly in bones and soul?
GOD, how long will it take
for you to let up?
Break in, GOD, and break up this fight;
If you love me at all,
get me out of here.
I'm no good to you dead, am I?
I can't sing in your choir if I'm buried
in some tomb!
I'm tired of all this – so tired. My bed
has been floating forty days
and nights
On the flood of my tears.
My mattress is soaked, soggy with
tears.
The sockets of my eyes are black holes;
nearly blind, I squint and grope.
Get out of here, you Devil's crew:
at last GOD has heard my sobs.
My requests have all been granted,
my prayers are answered.
Cowards, my enemies disappear.
Disgraced, they turn tail and run .

Write Your Own Lament Psalm

The lament psalms have some or all of the following elements. Noticing the structural elements that lament psalms follow is helpful because it gives us permission to say these types of things to God. However, honest lament to God does not need to follow a set structure. It simply flows from our hearts. While following this lament template can help channel your emotions, don't force all your laments to follow each of these elements. Pray from your heart.

(write your psalm here)

1. Address God
2. Complain to God - state the problem and how long it's gone on for
3. Confess sin or claim innocence
4. Ask God for help or deliverance
5. Curse the enemy - tell God how you feel about the person/thing who hurt you or others, and what you want God to do
6. State reason why God should do something

Like, because...
God's name is getting dishonored
I am Yours! Is this the way You let Your people be treated?!
No one will praise you when they are dead...and I'm dying
If You do something, I will praise You or sacrifice something

7. Praise God

A few Lament Psalm examples: Psalm 6, 9, 10, 13, 22, 39, 42, 43, 88

