

Friday

Please read Romans 8:26–27. These are some of the most encouraging verses in the Bible! So many times we don't know how to pray for ourselves or for a friend or loved one. But what peace to know that the Holy Spirit intercedes for us and "translates" our prayers! What connection do you see between these verses and Psalm 6?

Spend extended time in prayer today both talking to God as words come and just sitting before God when words fail, allowing Him to translate your heart and emotions.

Saturday

Please read Psalm 37. This is the psalm we'll be studying this weekend. What initially strikes you as you read this psalm? In what way can you relate to the psalmist?

Please pray for the services this weekend. Pray that our church will be a place that ministers to people at a deep level and that through studying the psalms we will grow closer to God.



TWIN LAKES
CHURCH
www.tlc.org



WEEK 1
Is God Listening?

FEBRUARY 26 & 27, 2011 • MARK SPURLOCK

Psalm 6

- ¹ O LORD, do not rebuke me in your anger
or discipline me in your wrath.
- ² Be merciful to me, LORD, for I am faint;
O LORD, heal me, for my bones are in agony.
- ³ My soul is in anguish.
How long, O LORD, how long?
- ⁴ Turn, O LORD, and deliver me;
save me because of your unfailing love.
- ⁵ No one remembers you when he is dead.
Who praises you from the grave?
- ⁶ I am worn out from groaning;
all night long I flood my bed with weeping
and drench my couch with tears.
- ⁷ My eyes grow weak with sorrow;
they fail because of all my foes.
- ⁸ Away from me, all you who do evil,
for the LORD has heard my weeping.
- ⁹ The LORD has heard my cry for mercy;
the LORD accepts my prayer.
- ¹⁰ All my enemies will be ashamed and dismayed;
they will turn back in sudden disgrace.

Three things God never tires of hearing... and the psalmist never tires of saying:

1. _____ Be merciful to me, LORD...”
Psalm 6:2a
Hear my voice when I call, O LORD; be merciful to me and answer me. *Psalm 27:7*
2. _____ ...save me because of your unfailing love. *Psalm 6:4b*
3. _____ ...the LORD has heard my weeping. The LORD has heard my cry for mercy, the LORD accepts my prayer. *Psalm 6:8b-9*

And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words. And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God's own will. *Romans 8:26-27 NLT*

Daily Meditations

Monday

Please read all of Psalm 6. What did you learn about this psalm in last weekend's sermon?

Recall a time in life (maybe it's right now!) when you struggled to believe that God was listening to your prayers. How does this psalm help you know that God is listening to you?

Thank God today for the opportunity to study the psalms. Be honest with God, just like the psalmist was; tell Him what you're thinking and the ways you're struggling to believe He hears you.

Tuesday

Please read Psalm 6:2,9; 27:7; 41:4; 51:1; 140:6. What do these verses tell you about God's mercy?

It is humbling to ask for mercy, particularly for people who are more accustomed to fixing things (and life!) themselves. Be honest and risk vulnerability with God: in what area of your life do you need God's mercy right now? How do these verses encourage you?

Thank God today that His mercy not only saves you eternally but gives you the strength to go through daily life! Follow the psalmist's lead and cry out to God seeking His mercy in the areas of life where you need it right now.

Wednesday

Please read Psalm 6:4, 31:2, 71:3, 109:26. From what does the psalmist ask God to save him in these verses?

When have you called out to God to save you? Which changed more at that point: your circumstances or you?

How do you respond when "salvation" does not look like you hoped? What do you learn from the psalmist's response?

Thank God today for His salvation of your soul — both emotionally and spiritually. Pray that you will have the patience and grace to accept His deliverance when it does not look like you expect it to, or come as quickly as you would like.

Thursday

Please read Psalm 6:8-9, 25:2, 31:14, 55:23. To say to God, "I trust you," isn't difficult; to mean it and live it can be very difficult. What connection do you see between trusting God and crying out for mercy and salvation?

What is the psalmist trusting God for in these verses?

In what area of your life do you find it easy to trust God? In what area of your life are you struggling with trusting God?

How could trusting God impact your life and emotions?

Thank God today that He is trustworthy. Pray that you will continue to grow in your faith and experience the joy that comes with trusting God.



Memory Verse

The LORD has heard my cry for mercy;
the LORD accepts my prayer.
Psalm 6:9