

Knee Deep

The Good News is Personal | Week 23

Reflection Questions

Psalm 6 is a cry of deep anguish. Its line, "How long, O Lord, how long?" is one people have prayed for centuries right through today.

1. Generally speaking, what does the Psalmist want?
2. Based on the rest of the Psalm, verse 1 seems to imply that the author sees his or her affliction as possibly discipline or punishment from God (Deut 28-30 talks about this kind of thing). To what degree do you think hardship or anguish come from God?
3. How does the author try to motivate God? Why does he or she say God should intervene? Additionally, what about the character/nature of God is appealed to?
4. What do you think motivates verse 8? Have you ever felt this way in dark times?
5. Despite the deep darkness, verse 8 moves to a position of faith despite the continuing of the suffering? What is this person confident of?
6. What is your Psalm 6 cry? At what point did you know God heard your cry... or are you still waiting?
7. Have you ever been honest with God like this? How can this prayer become your prayer?

Memorize Psalm 1:1-6

Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. ² But his delight is in the law of the LORD, and on his law he meditates day and night. ³ He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers. ⁴ Not so the wicked! They are like chaff that the wind blows away. ⁵ Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous. ⁶ For the LORD watches over the way of the righteous, but the way of the wicked will perish.

Week 23 Reading Plan

Mon: 1 Samuel 1-2

Tues: Ps 89

Wed: Ps 90

Thur: Ps 91

Fri: Ps 92

Extra read or memorization: Ps 119 heth

Action Step

Each weekday, carve a prayer time with God. Use a Psalm from Sunday or the reading plan to guide you.