

Pleading for Mercy in Repentance

Psalm 6: 1-10

Our text today comes from a Psalm of David commonly referred to as a Psalm of Penitence. There are seven of these Psalms, including Psalm 32, 38, 51, 102, 130, and 143. These are confessions unto the Lord during a time of chastisement and conviction. It is evident that David is in great anguish of soul, seeking repentance and restoration for some sin or wrong which had occurred in his life. Many agree this was written as he dealt with the consequences and conviction of his great sin with Bathsheba.

Although circumstances vary, we have all been at this point somewhere along our Christian journey. No doubt we all have failed and come short of the glory of God. Salvation provides redemption from sin, and atonement for our sin, but the fleshly body in which we live still desires to please itself, and we are prone to sin and failure. The believer cannot sin and escape the conviction of the Lord. It is impossible for a believer to continue in sin and enjoy their spiritual life. Eventually chastisement from the Lord will come, convicting us of sin. During those times, we can relate to the prayer David prayed here.

I want to consider the [disclosures](#) David provides as we think on: [Pleading for Mercy in Repentance](#).

I. A Humble Supplication (1-5) – The opening verses of this psalm disclose David's supplication unto the Lord. Consider:

A. His Cry (1-2a) – [O LORD, rebuke me not in thine anger, neither chasten me in thy hot displeasure.](#) ^[2a] [Have mercy upon me, O LORD.](#) David was aware of his sin, and he knew God was also aware of it. There was no need to try and conceal it. He may have been able to keep it from men for a while, but God knew the mistakes he had made, and any efforts to cover the sin. David realized his only course of action, his only hope in this situation, was to plead for mercy. He had no desire to experience the rebuke of God or His chastening hand in displeasure.

- We know our sin is displeasing to God, and that He will deal with it in our lives, and yet we find ourselves in situations where we face the chastening hand of God. When God brings conviction to our lives, He is revealing the need for repentance, fully expecting us to respond to His chastening. In those times we need the mercy of God. His mercies withhold what we rightly deserve. I rejoice that we serve a merciful God, One who is willing to convict and restore!

B. His Condition (2b-3) – *Have mercy upon me, O LORD; for I am weak: O LORD, heal me; for my bones are vexed.* ^[3] *My soul is also sore vexed: but thou, O LORD, how long?* Here we discover the pitiful condition David finds himself in as a result of his sin. There are a couple of aspects we need to consider concerning David's condition.

- His sin had created a physical ailment in his body. *Have mercy upon me, O LORD; for I am weak: O LORD, heal me; for my bones are vexed.* It had created great weakness and physical displeasure. David had literally become physically ill because of his sin. I am certain we too can relate to physical weakness because of sin in our lives. We do not rest at night; our lives are filled with regret and shame, bringing worry and anxiety. All of this creates physical distress.
- David's sin had also created spiritual distress. *My soul is also sore vexed: but thou, O LORD, how long?* He no longer enjoyed fellowship with the Lord. His worship and prayer were hindered because of sin. Spiritually he was suffering as well because of unconfessed sin. Sadly, spiritual distress can be the most overlooked, and yet the most devastating. Our fellowship with God is always hindered when we allow unconfessed sin to remain in our lives.

C. His Conviction (4) – *Return, O LORD, deliver my soul: oh save me for thy mercies' sake.* We can be certain David was well aware of his sin and his great need. Conviction is sure when a believer strays from the Lord. David had endured a season where pride or rebellion hindered his confession, but eventually he was broken through conviction. He longed to enjoy fellowship with the Lord once again. The pleasures of the flesh would not satisfy the longing within his soul to commune with God. He genuinely desired restoration and fellowship with the Lord again.

D. His Concern (5) – *For in death there is no remembrance of thee: in the grave who shall give thee thanks?* It is important to note that David does not imply total annihilation at death as some presume. He was well aware that the spirit of man would dwell forever in eternity, either with God in heaven or apart from Him in hell. Here David speaks of a physical and practical sense rather than a divine and eternal sense. David pleads with the Lord to restore him physically and spiritually so he might worship and praise God again within this life. He desired to live another day in hopes of serving the Lord. He knew he would be unable to do so if his life were taken in death.

- What a challenge that presents to us as well. We only have one life to live, one opportunity to praise the Lord here and make a difference in the lives of others. If our lives are ineffective due to sin or fill an early grave, we will miss the great opportunities God desires for us! *Isaiah 38:19 – The living, the living, he shall praise thee, as I do this day: the father to the children shall make known thy truth.* *Ecc.9:10 – Whatsoever thy hand findeth to do, do it with thy might; for there is no work, nor device, nor knowledge, nor wisdom, in the grave, whither thou goest.*

II. An Honest Confession (6-7) – David no longer seeks to hide his sin or his sorrow. He opens up in honest confession of his need before the Lord. He discloses that:

A. He was Weary (6) – *I am weary with my groaning; all the night make I my bed to swim; I water my couch with my tears.* His sin may have brought temporary pleasure, but that had passed and he was now bound with regret and grief. As he lay in bed at night, his mind and heart were flooded with conviction and a desire for restoration, bringing him to weeping and sorrow. David was weary of living in shame and hypocrisy. He longed for the strength and joy he enjoyed before.

- Sin brings pleasure for a season, but it will never satisfy. Once we have tasted the grace of God and enjoy communion with Him in salvation, nothing can take its place. In the quiet times, as God deals with our hearts, grief and shame will set in, causing great weariness of soul.

B. He was Weak (7) – *Mine eye is consumed because of grief; it waxeth old because of all mine enemies.* As we discussed, sin had brought physical fatigue to David, but he also endured spiritual weakness as well. His life had been turned upside down because of sin. He lost all joy and happiness. There never seemed to be a moment when he could escape the reality of his sin. His eyes continually filled with tears. Those who had heard of his sin railed on him continually. In essence, the consequences of sin were taking their toll on David.

- I am convinced that the most miserable people in the world are believers who are walking a guilty distance from the Lord. They may try to convince themselves that all is well, but deep down they know there is a great need. Unconfessed sin results in grief and anguish of soul. Repentance and restoration are our only hope.

III. A Heartened Acclamation (8-10) – Finally David discloses the comfort received from honest confession and restoration through repentance. He speaks of:

A. His Faith (8) – *Depart from me, all ye workers of iniquity; for the LORD hath heard the voice of my weeping.* The voices of judgment and condemnation were strong from David's adversaries, but they did not have the final say. This is not a denial of guilt on David's part, but a statement of hope and rejoicing. Men may not have been able to forgive, but God had. David had poured his heart out unto the Lord and he knew God had responded. David's faith was in the Lord and His gracious mercies. He could now rest, knowing his faith had been renewed in the Lord.

- God is never pleased with sin in our lives, but it doesn't have to remain and cause defeat. We can confess our sin, bringing it to the Lord in repentance and find restoration. The blood of Christ has cleansed us from all sin: past, present, and future! [1 John 2:2 – And he is the propitiation for our sins: and not for ours only, but also for *the sins of the whole world*.](#) [1 John 1:9 – If we confess our sins, he is faithful and just to forgive us *our sins*, and to cleanse us from all unrighteousness.](#)

B. His Fortitude (9) – [The LORD hath heard my supplication; the LORD will receive my prayer.](#) David was not pleased with his former sin, but now he rejoiced to know God had heard His supplication and would respond to his prayer of repentance. He had offered confession from a repentant heart and he was now ready to receive restoration and move on with the Lord. He refused to live in the past, but desired to enjoy spiritual victory again.

- Many live in defeat because they refuse to trust in the Lord for restoration. They continue to listen to the voices of their accusers. There is forgiveness and restoration in Christ. Once sin is openly and honestly confessed, restoration is made. We can continue for the Lord in full assurance. That isn't to say consequences won't remain, but we don't have to live in defeat and despair. Trust in the Lord and press on for Him!

C. His Favor (10) – [Let all mine enemies be ashamed and sore vexed: let them return *and* be ashamed suddenly.](#) Although God had forgiven and restored, many would not. Some would remember this sin against David as long as they lived. David chose to dwell in the Lord and allow Him to handle those who sought to slander his name. He was confident he had repented and again enjoyed fellowship with the Lord. He knew God would guard his life and provide for him.

- Often this is the case with sin today. God is able and willing to forgive, but others are not at times. God chooses to forget while many men seek to remember. They tend to remind us of our faults and failures. There is comfort knowing we do not live our lives to obtain the approval of men. If they refuse to forgive, there is really nothing we can do. As long as we ensure we have confessed our sin to the Lord and sought reconciliation with those we may have wronged, we can rest in the peace of God.

Conclusion: This Psalm was written from a heavy heart. David revealed the innermost places of his life. He confessed his sin and need unto the Lord. He longed for forgiveness and restoration. Apart from penitent prayer he would've continued in defeat and misery. We too face situations where repentance is necessary and vital to our spiritual lives. If you have never repented of sin in salvation, that is the most pressing need you have. If you are a believer walking in sin, bring that before the Lord as well. Come as He leads!