



Getting Started:

- What must you have to get a good night's sleep? Can you sleep anywhere or do you need your own bed, pillow, or teddy bear?
- How do you do without sleep? What is the longest you have been awake? When was the longest you have ever slept?

Going Deeper:

- What is God showing you this week as you read his Word and pray?
- What decisions or life struggles do you need Biblical direction or prayer for?

Message Summary

Psalm 5:1-10

May 2, 2021

This week, we continued our journey through the book of Psalms. This has been an opportunity for some of our elders, staff, and pastors here at Gateway to fill the pulpit. By doing this, we allow Pastor Josh to not only take a break from preaching, but also help train and equip others to preach and teach the Word. We began our time with a question: "What keeps you awake at night?" We concluded that it could be a number of things. It might be that you worry about something that might (or might not) happen tomorrow or maybe it's physical or mental anguish that's keeping you from resting. We saw that the writer of our Psalm, David, was struggling to sleep due to some of these same issues.

As we have learned in this series, the psalms were sung by God's people. This is the first of seven of what we call penitential psalms, which were songs of confession and humility before God. The early church sang them on Ash Wednesday forty days before Easter. The most familiar of these is Psalm 51, where David is repentant of his sin with Bathsheba. We don't know what sin David is struggling with in our verses for this week, but we do know that it is bad enough he hasn't been able to sleep for days.

The first thing we see that David worried about is God's wrath. He knows that his wrath can be deadly. Now David knows he deserves God's condemnation and anger; he just doesn't want the Lord to take him out. Back in David's day, there were stories of how God had enough of people's sin and struck them down. David didn't see himself as privileged because of all he had done in God's name or the fact that he was king of God's people would protect him in any way. He had a healthy fear of God.

Next, we looked at the ways David was suffering as his sin was realized. First, we see that his bones were troubled or shaken. This gives us a picture of a severe illness or bone-jarring injury. He is in a bad place physically. It is as if the weight of his sin is crushing him. Secondly, we see he is sick in his heart or soul. This is again due to David's sense that God is distant from him and this is heart-wrenching for him. God has always been David's constant companion and we get the idea that this is not the case during these long nights. David is desperate to feel God's presence once again.

Continuing, we see that between the physical and emotional pain David was feeling, he also thought he was going to die. He is begging God to return to him because he knows that it is only God who can keep him from the grave and save him. Only God's unfailing love can rescue him. We were reminded that David did not have the promise of Jesus as we do and those in the Old Testament only had a shadowy understanding of the afterlife. The one clear exception was Job where we saw that he believed he would someday look on the Almighty with his own eyes. We also saw that as Christ-followers we can rest in that same promise.

Not only was David struggling to sleep due to physical pain but we also see him struggling with a deep depression. As he cries out to God in desperation for his return and the removal of his chastisement, the weight of his sin is again realized and it causes him to cry all night long. To make this point David writes that his bed was floating because of all of his crying. This is what we learned is called poetic exaggeration. He is just saying he cried a lot. We were reminded that even the once strong, courageous, giant killer has been broken as he reflects on his sin and comes to terms with their cost. We also briefly looked at the story of the woman who washed Jesus' feet with her tears. Her tears were tears of joy because of the love Jesus had shown her when no one else would. We then were challenged to think about how we would respond if we came face to face with our Savior knowing all he has done for us.

Coming to the close of our time, we saw that even though there was no clear statement of David repenting (or a sign he did not repent), we can confidently speculate that he did because of the newfound confidence we see as he dismissed his enemies. We learned these enemies were the ungodly and the reason for his sin and subsequently his long sleepless nights. Suddenly we see a change in David's resolve. It was like he was being encouraged to get up and get back into the fight. David closes this Psalm asking that his enemies would feel God's judgment as he did, hoping that if they experienced what he did, they would turn to God in repentance and follow him.

The final promise we were challenged to remember was that the same God who heard David's cry hears our cries. David's true turning point in this psalm was when he tells us that God heard his plea and answered his prayer. Knowing this should give us comfort in those times when we don't know how or even what to say. David shows us it doesn't have to be eloquent words; it can just be crying, groans, or just a simple "Help, God." Our confidence comes in the fact that he hears our pleas and will answer our prayers.

DISCUSSION & APPLICATION QUESTIONS

Take a moment to read our sermon text:

Psalm 6:1-10

After briefly reviewing the message summary, use these questions to further examine the sermon and to discuss how these truths apply to daily life, so we can “be doers of the word, and not hearers only” (Jas.1:22). Based on your knowledge of the people in your life group, select the questions that will best help you frame the group’s discussion of this sermon and sermon text.

GENERAL SERMON QUESTIONS

1. What do you think is the key message of these verses? Explain why you think this.
2. After hearing the message and reading the scriptures, what was your biggest takeaway and why?
3. In what ways do these truths, which were written thousands of years ago, apply today?
4. Which point in the sermon spoke to you the most? How did it affect you?
5. In what ways do these passages point to Christ? What can we share with others about him from what we just heard and read?

Read Psalm 6:1-10

1. What is a penitential psalm? How many are there? Which is the most familiar one of these psalms? Who sang them and why?
2. What is the reason for David’s sleepless nights? What is he asking God not to do in his anger?
3. Why is David so fearful? How did God at times deal with those who had sinned against him?
4. What are some of the results of God’s chastisement of David? How do we know David is struggling physically?
5. Why is a sense of separation from God so hard on David? How long have God and David been connected?

Read Job 19:25-27, 2 Timothy 1:10

6. How do we know that David knows that it is God alone who can rescue him? Why was David so fearful of death? How was Job’s view different? What should our view be of life after death?

Read Luke 7:37-38

7. What is your reaction to hearing that David cried all night? How does David use poetic exaggeration to show how much he cried?
8. How are the tears of the woman in Luke different from David’s? How will you respond when you come face to face with Jesus remembering all he has done for you?
9. What gives David the confidence to dismiss his enemies? Who were his enemies? What was David’s desire for his enemies? How can we have confidence David repented?

Read 1 John 1:9, Psalm 147:3

10. Can someone sin so much that God can’t forgive them? What does God do with the broken-hearted?
11. How are we to pray? What can we trust that God does with our prayers even if they are only tears?

The Challenge - Life Application

- ☐ Read the passages used in this week's message. Write down any scriptures you need to be reminded of on sticky notes and place them around the house. Try to memorize as many as you can.
- ☐ Reflect on the message and ask God to give you his strength as you follow him.
- ☐ Pray that, as Christ-followers, we would reflect the change God has made in us.
- ☐ Go back and listen or watch the sermon if you missed it or you need to be reminded of its truths.

Weekly Prayer Focus

Pray for Our Church:

- Ask God to use us as instruments for His purpose and glory.
- Pray that we are a GOING church, proclaiming the gospel to the nations.
- Ask God to help each of us to live a life that reflects him.
- Pray for all of our campuses.
- Pray for our pastors and leadership here at Gateway.

Pray for Our City:

- The government and civic leaders
- Those in need in our community and the services that help them
- The fire and police departments
- Schools, students, and teachers

Pray for Our World:

- Pray for the Christ-followers in Sri Lanka, Lebanon, Cuba, Afghanistan, and Bangladesh.
- Pray for all of those who are being persecuted in harm's way for the Kingdom.
- Pray that the message of Christ will reach all of mankind.

Pray for Life Groups at Gateway:

- Pray for those who are leading our groups.
- Pray that everyone involved in our groups would continue to be rooted in the Word and connected to each other.
- Pray for relationships to grow with other Christ-followers and that we will encourage and care for one another.
- Pray for discipleship opportunities.