

## How Long? How Majestic! Psalms 6 & 8

### How Long? How Majestic! Introduction

- We all know that life brings sorrow and trouble.
- We also know that we need to express gratitude and worship to keep growing into strong and mature believers.
  
- One of the great challenges we face is getting from a troubled heart to a heart full of praise.
- The Psalms can help us make that transition.

### How Long? Psalm 6

- *Sheminith* probably a musical term or something related to the way this psalm was performed.
- Unfortunately, no key has survived which would help us understand these terms perfectly.
- Fortunately, none is needed to appreciate the Psalms.

### How Long? Psalm 6:1-5

- David feels a lot like you might feel today.
- He is crying out to God.
- God does not seem to be answering.
  
- His longing is beginning to take the form of suffering, both physical and mental, encompassing his whole being.
  
- My bones are troubled The translation is understated.
- Bones can refer to the essential nature of a thing.
- Trouble can point to terror, trembling, anguish or agony.
  
- My soul also is greatly troubled
- Soul refers to the innermost person, including the essence of life, including thinking, feeling, willing, desiring
- David's choice of words expresses that every aspect of his being is in total agony.
  
- Sheol = the grave or the realm of the dead.
- It is similar to the Greek idea of Hades, but without the elaborate mythology.
- The OT lacks the detail and clarity of the NT with respect to what happens after death.
- If God desired him to stand in the sanctuary and offer praise, David argues, then God would have to save him.
  
- How long? All David can think of or ask for is an end to his trouble.
- Have you ever felt that way?

- *When we are entering into the furnace, we like to make bargains with God that it shall not last beyond a certain hour; but He never tells us, lest patience might miss her perfect work. He says simply, It is enough to suffer one moment at a time.*
  - *F. B. Meyer, (1847 – 1929)*

How Long? Psalm 6:6-7

- Add sleepless nights, physical weakness and enemies to the mix and you get a horrible summary of the spot he is in.
  - *Delay is not denial. He counts a thousand years as a day. He is coming on the wings of every wind; already He is nigh, even at the doors. Never a moment too early--but not a moment too late.*
    - *F. B. Meyer, (1847 – 1929).*

How Long? Psalm 6:8-10

- His crying is turning into assurance and confidence that God has heard his prayer.
- David's suffering may have been physical illness or emotional turmoil with physical effects.
- Either way his is beginning to see a glimmer of hope.
  - *As Christians, we know that our ultimate enemy is death itself. Like the psalmist, we can look at death and know that it too will be defeated for, as Paul states: the last enemy to be destroyed is death (1 Cor 15:26).*
    - *Nupanga Weanzana*

### **Lesson 1: Hopelessness + Prayer → Hope**

- Philippians 4:6-7 Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

**How Long? How Majestic! Transition**

- Philippians 4:8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

### **Lesson 2: Intentionally think about excellent things.**

## How Majestic! Psalm 8

### How Majestic! Psalm 8:1

- In Hebrew this doesn't sound redundant.
- Lord (with small caps) = *YHWH* or *Yahweh*, (Jehovah) in KJV.
- Our Lord = *Adoneynu*
- God's glory is higher than anything.

### How Majestic! Psalm 8:2

- *This mention of the praise offered by children has no parallel in the OT. Yet when children praised Jesus, he quoted this verse to those who criticized him for accepting their praise (Matt 21:16). Jesus' enemies, the chief priests and the teachers of the law, were silenced by these words, just as predicted in 8:2b.*
  - *Nupanga Weanzana*

### How Majestic! Psalm 8:3-4

- God does all this and yet you and I mean more to him than anything else.

### How Majestic! Psalm 8:5-9

- Heavenly beings = *Elohim*
- In some places (like Genesis 1:1) this word is clearly a reference to God.
- In this case, the LXX translated it as "angels."

### How Majestic! Psalm 8:5-9

- God made all this and is Lord over all of it.
- Still, he has given us authority as his second in command.
  
- Our dominion over creation is a stewardship.
- We can choose to acknowledge his authority or ignore it.

## Lesson 3: Praise God for all he has done.

### How Long? How Majestic! Conclusions

- Philippians 4:6-7 Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

- Philippians 4:8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.
  
- Lesson 1: Hopelessness + Prayer → Hope
- Lesson 2: Intentionally think about excellent things.
- Lesson 3: Praise God for all he has done.
  - *What shall we say of the excellency of his name, who is not only our Creator, but our Redeemer, and who at such great cost to Himself has replaced on our brows the crown that sin tore from them? He made us to have dominion by the word of creation. He made us kings unto God by his blood. His name shall, therefore, be honoured through all the earth.*
    - *F. B. Meyer, (1847 – 1929)*
  
- Finally, check out Hebrews 2:5-9
- This passage leads nicely into communion.