

## DAY 20 – Tears in the Night

### **Psalm 6**

**6** O LORD, rebuke me not in thine anger, neither chasten me in thy hot displeasure.

**2** 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?

**4** Return, O LORD, deliver my soul: oh, save me for thy mercies' sake.

**5** For in death there is no remembrance of thee: in the grave who shall give thee thanks?

**6** I am weary with my groaning; all the night make I my bed to swim; I water my couch with my tears.

**7** Mine eye is consumed because of grief; it waxeth old because of all mine enemies.

**8** Depart from me, all ye workers of iniquity; for the LORD hath heard the voice of my weeping.

**9** The LORD hath heard my supplication; the LORD will receive my prayer.

**10** Let all mine enemies be ashamed and sore vexed: let them return and be ashamed suddenly.

**Focus:** Honest Prayer in Weakness

**Psalm 6** gives voice to exhaustion and sorrow. David speaks of tears, sleepless nights, and a troubled soul. Lent reminds us that faith is not pretending everything is fine; it is bringing our brokenness before God. Weaknesses are not disqualifying — it is an invitation to mercy.

Yet the psalm shifts from despair to confidence: “The Lord has heard my supplication.” God listens even when our prayers are whispered through tears. Sorrow may last for a season, but it does not silence God’s faithfulness.

**Prayer:** Merciful Lord, hear us in our weakness. Turn our sorrow into strength and remind us that You are near. Amen