

DAY 4 – Wash Me Thoroughly

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: Crying Out in Humility

Psalm 6 is a prayer from a place of deep distress. David does not approach God with polished words or spiritual pride — he comes weary, overwhelmed, and honest. “Have mercy on me, O Lord, for I am weak.” That single sentence captures the humility of this psalm. Lent reminds us that weakness is not something to hide from God; it is something to bring to Him. When life presses heavily, and our strength feels small, humility becomes the doorway to mercy.

David speaks of tears, sleepless nights, and a troubled soul. This is not shallow faith — this is raw faith. Psalm 6 gives us permission to cry out without pretending everything is fine. Too often, we equate maturity with silence, but biblical faith makes room for lament. Humility says, “Lord, I cannot fix this on my own.” And that confession invites divine intervention. God does not despise a broken spirit; He responds to it.

Yet even in sorrow, hope begins to rise. The psalm closes with confidence: "The Lord has heard my supplication." Tears do not last forever. When we cry out in humility, we discover that God is not distant — He is attentive. For us in this Lenten season, Psalm 6 teaches that surrender is strength, and honest prayer is powerful. When we bow low before God, He lifts us in His time and in His grace.

Prayer: Merciful Lord, in our weakness and weariness, we cry out to You. Have mercy on us and heal what is broken within. When our hearts are troubled, and our strength is small, remind us that You hear our prayers. Lift us from discouragement and restore our hope. We trust that You are near and that Your grace is enough. Amen.