

When We Are Simply Worn Out

Psalm 6.1-10

Caleb – strong, vigorous

**at 85 years old! Josh 14.7-12
if only!**

David – worn out v6; Ps 69.2-4

**from trouble to triumph
from gloom to glory**

1. His Debilitating Condition, vs2-3,6-7

➤ **physically, in agony v2**

psychosomatic, due to guilt?

Psalm 38.1-8; 32.1-6

➤ **mentally and emotionally,**

in anguish v3

deeply troubled, terrified

Gen 45.3; John 12.27

how much longer?

– no end in sight

uncontrollable sobbing vs 6-7

- ***spiritually, in turmoil v1***
fearing God's severity

2. His Desperate Cry for help, vs2,4

- ***for mercy v2***
where we must always begin
Heb 4.14-16
- ***for healing v2***
for serving God physically
Heb 4.14-16
- ***for deliverance v4***
from his fears and foes v5,7
he appeals to God's covenant love

3. His Determined Confidence, vs8-10

- ***God hears our weeping v8***
Ps 5.1; Is 58.5; Heb 5.7
- ***God answers our prayers v9***
1 John 5.14-15; Ps 126.5
1 Pet 4.19; Gal 6.9; 1 Cor 15.58
- ***our tears are never in vain v10***