

**First Family Church 7700 W. 143rd St, Overland Park, KS 66223 913-681-3341 www.ffc.org**



**“Forgiveness: Learning how to Request and Accept God’s Forgiveness!”**

A verse by verse study of David’s “Psalms of Confession”

Sunday Evening, January 10<sup>th</sup>, 2010

**Message #2: “How to Pray When We Fear the Consequences of Our Sin”**

Psalm 6

Pastor Christian Newsome

**Step #6:** Be <sup>(11)</sup>\_\_\_\_\_ in God’s forgiveness – v. 8-10

Psalm 6:8-10—“Depart from me, all you workers of iniquity;

For the LORD has heard the voice of my weeping.

<sup>9</sup> The LORD has heard my supplication;

The LORD will receive my prayer.

<sup>10</sup> Let all my enemies be ashamed and greatly troubled;

Let them turn back and be ashamed suddenly.”

**Step #7:** Be an <sup>(12)</sup>\_\_\_\_\_ of God’s forgiveness – v. 5b

Psalm 6:5b—“In the grave who will give You thanks?”

#### **UPCOMING SERMONS:**

- **Psalm 32** – “How Being Forgiven Makes Us Feel”
- **Psalm 38** – “How to Ask For God’s Forgiveness When Sin Has Ruined My Life”
- **Psalm 51** – “How to ask for God’s Forgiveness For Sin That Has Destroyed the Lives of Others”
- **Psalm 143** – “How to Ask for God’s Forgiveness When We Know We Don’t Deserve It”



Today’s message will be available online at [www.ffc.org](http://www.ffc.org), both to view as an archived message and to download from a podcast. To purchase today’s message on CD for \$5 or on DVD for \$10, please stop by the First Family Inspiration Book and Gift Store located in the Grand Foyer.

#### **Psalm 6:**

<sup>1</sup> O LORD, do not rebuke me in Your anger,

Nor chasten me in Your hot displeasure.

<sup>2</sup> Have mercy on me, O LORD, for I am weak;

O LORD, heal me, for my bones are troubled.

<sup>3</sup> My soul also is greatly troubled;

But You, O LORD—how long?

<sup>4</sup> Return, O LORD, deliver me!

Oh, save me for Your mercies’ sake!

<sup>5</sup> For in death there is no remembrance of You;

In the grave who will give You thanks?

<sup>6</sup> I am weary with my groaning;

All night I make my bed swim;

I drench my couch with my tears.

<sup>7</sup> My eye wastes away because of grief;

It grows old because of all my enemies.

<sup>8</sup> Depart from me, all you workers of iniquity;

For the LORD has heard the voice of my weeping.

<sup>9</sup> The LORD has heard my supplication;

The LORD will receive my prayer.

<sup>10</sup> Let all my enemies be ashamed and greatly troubled;

Let them turn back and be ashamed suddenly.”

#### **“The Consequences of Sin on the Christian Life”**

**Consequence #1:** Sin makes the Christian <sup>(1)</sup>\_\_\_\_\_

weak – v. 2

Psalm 6:2—“Have mercy on me, O LORD, for I am weak;

O LORD, heal me, for my bones are troubled.”

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Consequence #2: Sin makes the Christian <sup>(2)</sup>\_\_\_\_\_

weak – v. 3

Psalm 6:3—“My soul also is greatly troubled...”

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Consequence #3: Sin makes the Christian <sup>(3)</sup>\_\_\_\_\_

weak – v. 6-7

Psalm 6:6-7—“I am weary with my groaning;

All night I make my bed swim;

I drench my couch with my tears.

<sup>7</sup> My eye wastes away because of grief;

It grows old because of all my enemies.”

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Consequence #4: Sin brings <sup>(4)</sup>\_\_\_\_\_ from

our Enemies – v. 8; 10

Psalm 6:8; 10—“Depart from me, all you workers of iniquity;

For the LORD has heard the voice of my weeping.

<sup>9</sup> The LORD has heard my supplication;

The LORD will receive my prayer.

<sup>10</sup> Let all my enemies be ashamed and greatly troubled;

Let them turn back and be ashamed suddenly.”

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A Christian should not only ask God for forgiveness of sin, but should be willing to pray for <sup>(5)</sup>\_\_\_\_\_ from the above effects of sin.

### “How to Pray for Forgiveness”

Step #1: Admit our understanding of how our sin

<sup>(6)</sup>\_\_\_\_\_ God’s holiness – v. 1

Psalm 6:1—“O LORD, do not rebuke me in Your anger,  
Nor chasten me in Your hot displeasure.”

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Step #2: Pray for <sup>(7)</sup>\_\_\_\_\_ – v. 2a

Psalm 6:2—“Have mercy on me, O LORD...”

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**“mercy” – undeserved favor; the strongest of parental emotions.**

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Step #3: Be totally honest with God about how sin

<sup>(8)</sup>\_\_\_\_\_ you – v. 2b-3a

Psalm 6:2b-3; 6-7—“for I am weak;

O LORD, heal me, for my bones are troubled.

<sup>3</sup> My soul also is greatly troubled...”

<sup>6</sup> I am weary with my groaning;

All night I make my bed swim;

I drench my couch with my tears.

<sup>7</sup> My eye wastes away because of grief;

It grows old because of all my enemies.”

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Step #4: Be totally honest with God about how being

<sup>(9)</sup>\_\_\_\_\_ from him makes you feel – v. 3b-4

Psalm 6:3b-4—“...but you O Lord, how long?

Return, O LORD, deliver me!

Oh, save me for Your mercies’ sake!

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Step #5: Commit to <sup>(10)</sup>\_\_\_\_\_ living as you

move away from sin – v. 5a

Psalm 6:5a—“For in death there is no remembrance of You...”

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