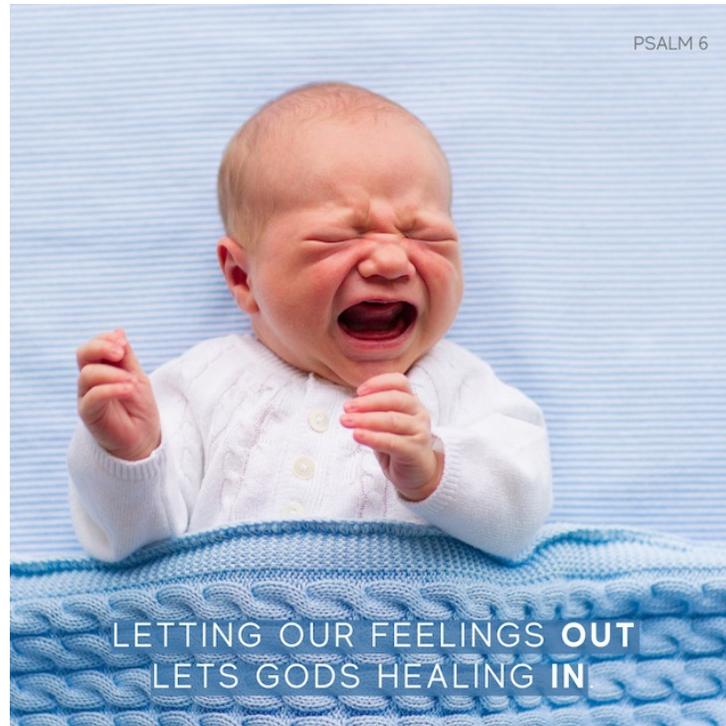

PRAISING BY COMPLAINING

PSALM 6



Paul was suffering on multiple fronts. His psoriasis felt like a thousand mosquito bites. His family was at war over whether to call their transgender son by his new name or her old name. His church was at war, maskers v anti-maskers, with casualties on both sides. He'd lost his job a few months into COVID-19 and was deeply in debt. He was almost insane with insomnia. Yet, when people asked him how he was doing, "Mustn't complain" was his auto-response—just like his father's.

Paul's wife, Julia, had watched helplessly for months as Paul wouldn't talk to her or anybody about how he was really doing. She feared an explosion was brewing. But while reading through the Psalms, Julie came across Psalm 6 and its heading 'How to Complain.' Excited by her discovery, she wrote down a few notes and that evening shared two insights from what God had shown her.

LEARNING

GOD WANTS TO HEAR OUR COMPLAINTS (1-7)

In this Psalm, David took the facts and his feelings to God. He didn't just take the facts and list them coldly and mechanically. Neither did he just take just his feelings and vent uncontrollably. No, he took the facts and his feelings. He described what he was suffering and how he felt about them.

He described spiritual sufferings (1), bodily sufferings (2), psychological sufferings (3), and social sufferings (7). But he also did so with feeling. In various ways, he said, "I'm scared, I'm weak, I'm troubled, I'm impatient, I'm dying, I'm depressed, and so on." Look at verses 6-7 for example: **"I am weary with my moaning; every night I flood my bed with tears; I drench my couch with my weeping. My eye wastes away because of grief; it grows weak because of all my foes."** Lots of facts and lots of feelings. The facts controlled his feelings and his feelings intensified the facts.

COMPLAIN TO GOD
NOT ABOUT GOD

So what good does this do? When we come with complaints, God comes with healing.

GOD WILL HEAL OUR COMPLAINTS (8-10)

What happens when we take the facts and our feelings to God? We get new faith from God. In verses 8-10, David expresses new confidence and hope: "**The Lord has heard the sound of my weeping. The Lord has heard my plea; the Lord accepts my prayer. All my enemies shall be ashamed and greatly troubled; they shall turn back and be put to shame in a moment.**" Facts + feelings = Faith. This doesn't mean that God immediately healed David's sufferings. It means that David had real hope that God would eventually heal his sufferings. They wouldn't go on forever. And that hope itself is a super-healer.

LETTING OUR FEELINGS OUT,
LETS GOD'S HEALING IN.

LOVING

When we come with the facts and our feelings, as David did, God can turn our complaining into praising. Indeed, done properly, we can praise by complaining, as this Psalm demonstrates. God is honored and exalted when we cry to him about the facts and our feelings, and when we walk away with new hope and confidence. Godly complaining always ends with godly confidence. We can complain without sinning against God. We can even complain by singing to God.

LIVING

Let's lift up our complaints using facts and feelings and we'll lift up our God and ourselves.
