



**AUTUMN**  
**DAILY ENCOURAGEMENTS**  
**Carstairs-Bancroft United Church**  
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Photo: Our Daily Bread

## HOPE FOR THE HURTING

*My soul is in deep anguish. How long, Lord, how long?*

Psalm 6:3

### READ Psalm 6

"Most people carry scars that others can't see or understand." Those deeply honest words came from Major League Baseball player Andrelton Simmons, who opted out of the end of the 2020 regular season due to mental health struggles. Reflecting on his decision, Simmons felt he needed to share his story to encourage others facing similar challenges and to remind others to show compassion.

Invisible scars are those deep hurts and wounds that can't be seen but still cause very real pain and suffering. In Psalm 6, David wrote of his own deep struggle—penning painfully raw and honest words. He was "in agony" (v. 2) and "deep anguish" (v. 3). He was "worn out" from groaning, and his bed was drenched with tears (v. 6). While David doesn't share the cause of his suffering, many of us can relate to his pain.

We can also be encouraged by the way David responded to his pain. In the midst of his overwhelming suffering, he cried out to God. Honestly pouring out his heart, he prayed for healing (v. 2), rescue (v. 4), and mercy (v. 9). Even with the question "How long?" (v. 3) lingering over his situation, David remained confident that God "heard [his] cry for mercy" (v. 9) and would act in His time (v. 10).

Because of who our God is, there is always hope.15).

By **Lisa M. Samra**

### PRAY & REFLECT

**Heavenly Father, give me courage to express my deepest pain and to welcome Your presence and healing into my situation. Amen**

How can you express your struggle to God when experiencing deep emotional anguish? How have you experienced His healing, mercy, and rescue?

### SCRIPTURE INSIGHT

The superscription to Psalm 6 tells us it was written by David, but we're not given any information about what prompted him to pen this poem. The Bible Knowledge Commentary says, "This is one of the penitential psalms. David had been suffering from some illness that brought him near death. It's difficult to associate this psalm, however, with any known event in his life."

A penitential psalm is a song of repentance, where the singer pleads for forgiveness (see vv. 2, 4), but Psalm 6 also carries the strong overtones of lament, as David sorrows over his treatment at the hands of his enemies. And for this, he also seeks God's grace and mercy. Even though we don't know the specific events surrounding its writing, the psalm is deeply personal, as the author bares his soul to God and the world. – By **Bill Crowder**

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