

"Nerves and Pain: Trusting God When It Hurts"

by Rev. John C. Tittle

Scripture Reading: Psalm 6 NRSV

¹ O Lord, do not rebuke me in your anger, or discipline me in your wrath. ² Be gracious to me, O Lord, for I am languishing; O Lord, heal me, for my bones are shaking with terror. ³ My soul also is struck with terror, while you, O Lord—how long? ⁴ Turn, O Lord, save my life; deliver me for the sake of your steadfast love. ⁵ For in death there is no remembrance of you; in Sheol who can give you praise? ⁶ I am weary with my moaning; every night I flood my bed with tears; I drench my couch with my weeping. ⁷ My eyes waste away because of grief; they grow weak because of all my foes. ⁸ Depart from me, all you workers of evil, for the Lord has heard the sound of my weeping. ⁹ The Lord has heard my supplication; the Lord accepts my prayer. ¹⁰ All my enemies shall be ashamed and struck with terror; they shall turn back, and in a moment be put to shame.

Discussion Questions:

1. What is the worst pain you've ever experienced? How did you get through it?
2. What jumps out at you about this passage?
3. Why does the psalmist sense that God is angry at him?
4. What different kinds of pain is the psalmist talking about?
5. In what way does pain impact us physically? Emotionally? Spiritually?
6. There are a few shifts that take place with the psalmist--a shift from verse 1 to verse 2 and then another shift from verse seven to verse eight and following. What are they? What happened?
7. How have you gotten through painful experiences in your life?
8. The psalmist says, "in death there is no remembrance of you." Do you think he believes in the afterlife? Do you ever struggle with believing that there is life after death?
9. How can we encourage one another through challenging times?