

**Explanatory Notes:****A DESPERATE CRY TO GOD FOR HEALING**

**Bible verses:** Psalm 6 NIV

**Introduction:**

Are you in good health today? Most people greet each other with the question, "How are you?" We are happy when we can honestly say, "I am well today." But when we are very sick, we look for ways to be healed. We want to escape from the sorrow and suffering that illness and death bring to us.

In this message I will do two things. First, I will tell you the experience of a group of people in Mexico. Next I will explain Psalm 6 in the Bible. My goal is to help you to think about your experiences with illness and to explain what the Bible teaches us clearly about illness, death and God's power to heal.

**Illustration:** I have here a written report of illness and healing from the country of Mexico. It may surprise you! Even if this experience is very different from what you know, it will alert you to how people suffer and how they try to deal with serious sickness.

"Pedro knew how to play the guitar very well. But Andre did not know how to play. Andre got angry because people liked Pedro's playing. Andre put a curse on Pedro so he would get sick. By means of the devil he gave him worms in his stomach. Pedro got deathly sick. So he sent for the shaman.\* The shaman took his hand, felt his pulse and said,

"You have worms because a person was jealous of how well you play the guitar. I will tell you who did it if you will pay me 60 pesos."\*\*

Pedro paid the money but did not get well. So the family got the town officers to bring Andre, who was accused of causing the sickness. When he came they said

\*Shaman: religious healer.

\*\*60 pesos equaled \$10.00 USA dollars at the time, a lot of money for Pedro.

to him, “You must remove the worms which you caused by your curse.”

Then the shaman, who was also present, said, “He will get well. I will give him a glass of water to drink.” In a little while Pedro went outside and relieved himself [defecated]. Many long worms came out!

Then the town officers tied up Andre and said, “We are doing this so you won’t do this again!” They tied him up under a tree for a long time where all the people could see him. Later his hands came untied. Andre ran away and was never seen again.”

This is reported as a true story. There are thousands of stories like it about jealousy, curses, sickness and people who run away and never return. What is the solution to the problems we see in this report? What are the answers to serious questions which we have in our minds about the causes and cures for sickness? There are clear answers in the Bible, the Word of God.

\*\*You may read the Psalm now if you want. The points that follow are taken directly from the Psalm. Its words are repeated in the message based on the NiRV English translation.

**Psalm 6** – There is a book of 150 songs and prayers in the Bible. Song #6, Psalm 6, is the cry of a person who is terribly sick, afraid, feels attacked by evil persons and powers, but who turns to God in prayer for help.\*\*

*LORD, don't correct me when you are angry.  
Don't punish me when you are burning with anger.  
LORD, have mercy on me. I'm so weak.  
LORD, heal me. My body is full of pain.  
My soul is very troubled.  
LORD, how long will it be until you save me?*

*LORD, turn to me and help me.  
Save me. Your love never fails.  
People can't remember you when they are dead.  
How can they praise you when they are in the grave?*

*My groaning has worn me out.  
All night long my tears flood my bed.  
My bed is wet because of my crying.  
I'm so sad I can't see very well.  
My eyesight gets worse because of all my enemies.*

*Get away from me, all of you who do evil.  
 The LORD has heard my sobbing.  
 The LORD has heard my cry for his favor.  
 The LORD accepts my prayer.  
 All of my enemies will be troubled and put to shame.  
 They will turn back in dishonor. It will happen suddenly.*

Psalm 6, NIV

### **1. The Causes of Sickness:**

The ancient song writer says, “*Lord, don’t correct me when you are angry. Don’t punish me when you are burning with anger*” (v.1). The Bible teaches us that we suffer from illness for three reasons:

- A. Some illnesses are a direct result of our sin. If we are sick we must ask God if he is correcting us for some specific sin or disobedience. The Bible says, “*Do not lose hope when he (God) corrects you.... He punishes everyone he accepts as a child. Put up with hard times. God uses them to train you. He is treating you as (his) children.*” (Hebrews 12:4-8, NIV) But often, like foolish children, we don’t accept his correction. We refuse the good lessons he teaches us, lessons which lead to health! The Bible reminds us that we must obey God if we want health and happiness.
- B. But not all of our sickness is a direct result of our own sin. Sometimes we get sick because we are weak, fragile creatures living in a hurt world. Death and sickness came into the world after Adam and Eve, our first human parents, disobeyed God. God punished them and all people since then with afflictions and death. So the general cause for sickness is sin and its effects in the world.
- C. Demons and evil people can hurt us. Psalm 6 says, “*My eyesight gets worse because of all my enemies.*” (v.7b) And, “*Get away from me, all of you who do evil.*” (v.8a) As we saw in the account I read to you, people want to do us harm. Can they curse us? We cannot know for sure, but we know that bad people have strong, evil powers. Don’t

laugh at people who fear such curses. Pray for yourself and for them that no one will be able to bring curses on you.

The world is troubled because we are all sinners. Think about that. If you know you have sinned and are suffering because of it, confess your sin to God promptly. If you feel the sin of others makes you sick, call on God to heal you and stop those who are hurting you. God loves every part of you and wants to heal your diseases and stop you from sinning.

## **2. Our Pain Because of Sickness and Death is Terrible.**

I do not need to say that! We all know it, even if we don't complain openly. The song writer cries out to God just as we so often do:

*"Lord, have mercy on me. I'm so weak.... My body is full of pain."* (v.2)

*"My soul is very troubled."* (v.3a)

*"People can't remember you when they are dead. How can they praise you when they are in the grave?"* (v.5)

*"My groaning has worn me out. All night my tears flood my bed. My bed is wet because of my crying. I'm so sad I can't see very well. My eyesight gets worse because of all my enemies."* (vv.6, 7)

Most of us have had feelings like that. Our bodies are weak. We feel we are in a wrong relation to God. We see no hope because death stares us in the face with no hope of life continuing. Our nights are full of agony. We feel we are being attacked by enemies.

What about you? Is sickness troubling you deeply? Is someone you love struggling with illness? If so, you will understand the next lines of our sad Song writer.

## **3. God Wants You To Tell Him Your Troubles.**

The Psalm writer teaches us how to be honest with God about our emotions and troubled feelings. Listen while I repeat what he said to the Lord:

*"Lord, have mercy on me...Lord heal me."* (v.2)

*"Lord, how long will it be until you save me?"* (v.3b)

*“Lord, turn to me and help me. Save me. Your love never fails.” (v.4)*

God is listening even though we feel he is far away and doesn't act or speak. The Song writer tells God directly: “Look at me! Heal me! Don't wait so long! Save me from my trouble.” He ends with hope and confidence in God. “Your love never fails.”

How wonderful! The Song writer speaks with emotion and urgency, but as he does so, he expresses his faith. God's love never fails. That is the main message of the whole Bible!

#### **4. We Can Have Confidence in God for Healing and Help.**

The Song writer learned from hard experiences that God heals. He was shocked by the intensity of his pain and the fears that gripped him. Death seemed like the final enemy that would end everything. Can you picture his agony? You have probably had a similar experience. Maybe today you are crying out in your heart for healing from a serious illness. Or you may be overcome with grief because of the sudden death of someone you love. What hope is there for you and me?

The Song writer speaks his faith in God boldly:

*Get away from me, all of you who do evil.  
The Lord has heard my sobbing.  
The Lord has heard my cry for his favor.  
The Lord accepts my prayer.  
All my enemies will be troubled and put to shame.  
They will turn back in dishonor. It will  
happen suddenly. (vv.8-10)*

The Lord is listening. He is not asleep. He does not ignore his children when they are in deep trouble. He accepts our request for help. God fights with us against all our enemies – the enemies of sickness and death, and the evil spirits and bad persons who we feel can hurt us. God will put them to shame if that is best for them.

Our first response to trouble should be to pray to God. So often we call in other help first like Pedro, who got the

village authorities to protect him and punish Andre, who he thought injured him. Our best help in trouble is God! He is a powerful and ever-present healer.

Will God always help and heal us suddenly? No, not always as we want. We are impatient and unwilling to learn from the troubles that come to us. We want them to be gone immediately. Be patient. God is never in a hurry. Sometimes he does act quickly, but not every time. Because God knows better than we do, he heals us when he decides. That is best for us!

**Conclusion:** I hope I have helped you to think about the problems of sickness, death, curses, our troubled feelings and deep distress. I am sure you know exactly what I mean. The solution is in the hands of a God whose love does not fail. He is the Great Doctor who knows just what to do for you today. Please, speak honestly to him now. Admit your faults and sins. Tell him your deepest fears and worst pain. He is listening. He will surely help you. That is the reason he is God. Say a prayer to him now in your heart, or aloud, and you will know what I mean.