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# **A LIFE OF GRATITUDE**

Psalm 116

## **PSALM 116 (NIV)**

I love the Lord, for he heard my voice; he heard my cry for mercy.  
2 Because he turned his ear to me, I will call on him as long as I live.

## **PSALM 116 (NIV)**

<sup>3</sup> The cords of death entangled me, the anguish of the grave came over me; I was overcome by distress and sorrow. <sup>4</sup> Then I called on

## **PSALM 116 (NIV)**

the name of the Lord: "Lord, save me!" <sup>5</sup> The Lord is gracious and righteous; our God is full of compassion. <sup>6</sup> The Lord protects the

## **PSALM 116 (NIV)**

unwary; when I was brought low, he saved me. <sup>7</sup> Return to your rest, my soul, for the Lord has been good to you. <sup>8</sup> For you, Lord,

## **PSALM 116 (NIV)**

have delivered me from death, my eyes from tears, my feet from stumbling, 9 that I may walk before the Lord in the land of the

## **PSALM 116 (NIV)**

living. <sup>10</sup> I trusted in the Lord when I said, "I am greatly afflicted";  
<sup>11</sup> in my alarm I said, "Everyone is a liar." <sup>12</sup> What shall I return to the



## **PSALM 116 (NIV)**

Lord for all his goodness to me? <sup>13</sup> I will lift up the cup of salvation and call on the name of the Lord. <sup>14</sup> I will fulfill my vows to the

## **PSALM 116 (NIV)**

Lord in the presence of all his people. <sup>15</sup> Precious in the sight of the Lord is the death of his faithful servants. <sup>16</sup> Truly I am your servant,

## **PSALM 116 (NIV)**

Lord; I serve you just as my mother did; you have freed me from my chains. <sup>17</sup> I will sacrifice a thank offering to you and call on the name

## **PSALM 116 (NIV)**

of the Lord. <sup>18</sup> I will fulfill my vows to the Lord in the presence of all his people, <sup>19</sup> in the courts of the house of the Lord—

**PSALM 116 (NIV)**

in your midst, Jerusalem.  
Praise the Lord.

1

Faithful believers...

- have **a passionate love for the Lord.**

## **APPLICATION**

I love you, Lord because \_\_\_\_\_

**PSALM 116:2-4 (NIV)**

Because he turned his ear to me, I will call on him as long as I live.  
3 The cords of death entangled me, the anguish of the grave came



**PSALM 116:2-4 (NIV)**

over me; I was overcome by distress and sorrow.

<sup>4</sup> Then I called on the name of the Lord: "Lord, save me!"

1

Faithful believers...

- call **on the Lord continuously.**

"Death stared me in the face, hell was hard on my heels.  
Up against it, I didn't know which way to turn."

1

Faithful believers...

- remember **God's character.**

**PSALM 116:5-7 (NIV)**

The Lord is gracious and righteous; our God is full of compassion.  
6 The Lord protects the unwary; when I was brought low, he saved

**PSALM 116:5-7 (NIV)**

me. 7 Return to your rest, my soul,  
for the Lord has been good to you.

“Those who know God best will serve him best. A knowledge of his character and his ways promotes gratitude, and it provides a

motivation to trust him and serve him in a way that come by no other means."



**PSALM 116:8-11 (NIV)**

For you, Lord, have delivered me from death, my eyes from tears,  
my feet from stumbling, 9 that I may walk before the Lord in the

**PSALM 116:8-11 (NIV)**

land of the living. <sup>10</sup> I trusted in the Lord when I said, "I am greatly afflicted"; <sup>11</sup> in my alarm I said, "Everyone is a liar."

2

Faithful believers are **thankful in every circumstance.**

"In contrast to the God he could trust in his suffering, he also saw another truth more clearly than ever and could shout in his alarm,  
"Everyone is a liar."

In their depravity and sinfulness, people are perpetually unreliable. God, however, is not. Men may lie, but God only tells the truth."

## **APPLICATION QUESTION**

What hard thing in life have you gone through that if you were to reflect back, could find one thing to be thankful to God for?

**PSALM 116:12-14 (NIV)**

What shall I return to the Lord for all his goodness to me?

<sup>13</sup> I will lift up the cup of salvation and call on the name of the Lord.

**PSALM 116:12-14 (NIV)**

<sup>14</sup> I will fulfill my vows to the Lord  
in the presence of all his people.



**3**

Faithful believers ask, **“What shall I return to the Lord?”**

"One of the great dangers to those who have been saved for many years is losing the wonder of their salvation.

We can take for granted what Jesus did for us on the cross,  
how he bore in his body the wrath of God in our place.  
It becomes a common thing.

The psalmist was acutely aware of this danger, and he provides a helpful remedy to avoid this debilitating spiritual disease."

## **APPLICATION QUESTIONS**

Have you, in any way, lost the wonder of your salvation?

## **APPLICATION QUESTIONS**

What has God done in your life that you need to remember today to reignite this wonder?

**PSALM 116:15 (NIV)**

Precious in the sight of the Lord is the death of his faithful servants.

4

Faithful believers are **thankful in life or death.**



**5**

Faithful believers offer **a sacrifice of praise and thanksgiving for all to hear.**

**PSALM 116:16-19 (NIV)**

Truly I am your servant, Lord; I serve you just as my mother did;  
you have freed me from my chains. <sup>17</sup> I will sacrifice a thank

**PSALM 116:16-19 (NIV)**

offering to you and call on the name of the Lord. <sup>18</sup> I will fulfill my  
vows to the Lord in the presence of all his people,

**PSALM 116:16-19 (NIV)**

<sup>19</sup> in the courts of the house of the Lord—  
in your midst, Jerusalem. Praise the Lord.