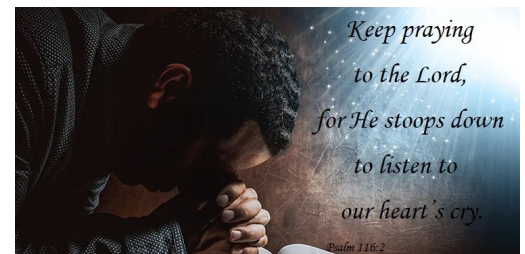


Theme: Psalm 116 is a psalm of praise and thanksgiving for deliverance from death. The psalm begins and ends with praise and is interspersed with more praise and lots of thanksgiving.

I. The Psalmist's prayer of praise & thanksgiving

A. **Prayer** - Psalm 116 is not really a prayer but more of a tribute to answered prayer.

1. **God has heard his prayer** – This is the theme of this psalm. I will call upon the name of the Lord, because I called on Him before and He heard me.



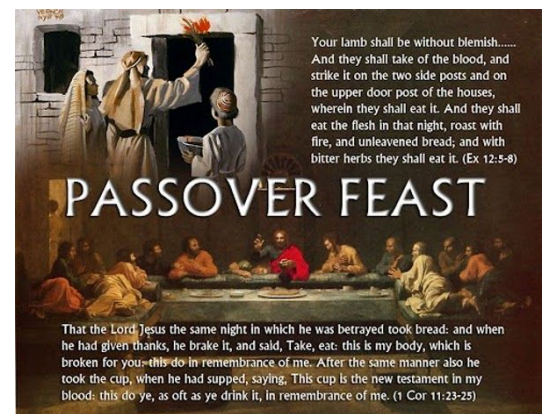
2. **Pray in confidence even in the midst of affliction** – The psalmist had confidence that God heard his prayers and this led him to pray all the more.

3. **The Psalmist's love is directed to one aspect of God's goodness-** He hears prayer. Answered prayers cause gratitude, and gratitude brings forth love. The Psalmist declares, he will not cease praying.

4. **Psalm 116 is a very personal psalm.** It is one of the "I" psalms. In 19 verses, the Psalmist refers to himself using the pronouns, I, me and my, 34 times. He refers to Yahweh, his covenant keeping God, 16 times.

5. When is Psalm 116 used during worship and what is the meaning of HALLELUJAH?

Psalm 116 is one of the Hallel Psalms (Psalms 113-118). **Hallel means praise** and these psalms were sung often by the people of God on joyous occasions, such as the Feast Days, in particular, Passover. Passover is a celebration, when the Jews were remembering God delivering them out of death in Egypt and into life in the Promised Land.



Hallelujah is a Hebrew word and yet it is found in almost every language under the sun. The first part of the word, “hallelu,” means “praise” or “praise ye.” The last part, “Yah,” is the Name of the One being praised.

Yahweh is the personal Name of our Heavenly Father. Yah is the basic or short form of His Name. **‘Praise ye Yah.’ (Ye- you, Yah-YAHWEH).** Halleluyah, “You praise Yahweh!” I was taught that it is the highest praise to offer God.

“What is halleluyah, a word of praise, or a strong command to praise?”

According to Wikipedia.Org. and Strong’s Concordance, **“It is a strong command to praise the Lord.** (It is the strongest possible command, probably originally uttered by the inspired Levite musicians summoning their hearers to worship)”.

Strong’s: Of Hebrew origin (imperative of [H1984] and [H3050]); Praise ye Jah or (Yah)!, an adoring exclamation:

Praise! How do we praise Yahweh?

Apparently, many of us need to find out what praise is or how to give praise. It really should not be hard to find something to praise God for. After all, He is the creator of everything we see! He wakes us up in the morning. We experience His provision throughout the day. He gives us creative solutions in our line of work and personal tasks. I can go on and on...

We can worship God through prayer, singing, raising our hands in adoration, dance, art, playing instruments, using flags and banners, and even through mime, sign language and drama.

"Let the whole earth sing to the Lord! Each day proclaim the good news that He saves. Publish His glorious deeds among the nations.

Tell everyone about the amazing things he does. Great is the Lord! He is most worthy of praise! He is to be feared above all gods.

The gods of other nations are mere idols, but the Lord made the heavens! Honor and majesty surround Him; strength and joy fill His dwelling.

O nations of the world, recognize the Lord, recognize that the Lord is glorious and strong.

Give to the Lord the glory He deserves!

Bring your offering and come to worship Him.

Worship the Lord in all His holy splendor." (1 Chron 16:23-29 NLT)

Why should you hallelujah, in other words, “praise the Lord”?

You should praise God for His **faithfulness, compassion, grace, and mercy**. Keep in mind, that praise is an **acknowledgment** (the action of expressing or **displaying** gratitude or appreciation for something), made of the **excellency** (the state or quality of excelling or being exceptionally good; extreme merit; superiority) or **perfection of God**.

B. Author? Okay, let’s get back to Psalm 116. Who is praying?

We don’t know who the Psalmist is or exactly what the situation was, but it is clear that He was in some form of deathly danger and God had delivered him.

King David spoke of a similar situation and used familiar wording in **2 Samuel 22:1,4-7 (NLT)**

2 Samuel 22:1,4-7 (NLT)

22: 1 “Then David spoke to the Lord the words of this song, on the day when the Lord had delivered him from the hand of all his enemies, and from the hand of Saul.

4. I called on the Lord, who is worthy of praise, and he saved me from my enemies.

5. The waves of death overwhelmed me; floods of destruction swept over me.

6 The grave wrapped its ropes around me; death laid a trap in my path.

7 But in my distress I cried out to the Lord; yes, I cried to my God for help. He heard me from His sanctuary; my cry reached his ears.”

Psalm 116:1-5 (NLT)

Psalm 116:1-5 (NLT)

1 “I love the Lord because He hears my voice and my prayer for mercy.

2 Because He bends down to listen, I will pray as long as I have breath!

3 Death wrapped its ropes around me; the terrors of the grave overtook me. I saw only trouble and sorrow.

4 Then I called on the name of the Lord: “Please, Lord, save me!” I was facing death, and he saved me.

5. Let my soul be at rest again, for the Lord has been good to me.”

C. God heard him (v. 1, 2)

1. Can you visualize the Almighty, Elohim (God, Creator of the universe and all that is therein), bending down to hear your cry 🥹 for help.
2. Have you ever experienced an immediate rescue, when you cried for **HELP**?

II. The experience the Psalmist had of God's goodness towards him, in answer to prayer. Psalm 116:6-9 NLT. Psalm 116:6-9 Message

6. "The LORD protects those of childlike faith; I was facing death, and He saved me.
7. Let my soul be at rest again, for the LORD has been good to me.
8. He has saved me from death, my eyes from tears, my feet from stumbling.
9. And so I walk in the LORD's presence as I live here on earth.

6. God takes the side of the helpless; when I was at the end of my rope, he saved me.
- 7 I said to myself, "Relax and rest. God has showered you with blessings.
- 8 Soul, you've been rescued from death; Eye, you've been rescued from tears; And you, Foot, were kept from stumbling."
- 9 I'm striding in the presence of God, alive in the land of the living.

A. God pity him-Like as a father (v. 6)**Psalm 103:13-16**

13. "He is like a father to us, tender and sympathetic to those who reverence Him.
14. For He knows we are but dust 15. and that our days are few and brief, like grass, like flowers, 16. blown by the wind and gone forever."

B. God Delivered him (v. 6-9). The Psalmist acknowledges the goodness of God towards him. He made a list, of his answered prayers:

- (1) He was gripped by death, God saved him.
- (2) He was in distress and sorrow, God was good to Him.
- (3) He was very low in his soul, but his soul was put at rest.
- (4) He was shedding many tears.
- (5) He was about to stumble in his walk with God, yet declared he will walk in God's presence as he lived on earth.

C. How often do we pause and make a list, acknowledging Yahweh, for the answered prayers, He has wrought in our lives? (This is a Hallelujah moment! Praise-Ye-Yah)

D. Praise and Thanksgiving - Praise is the joyful remembrance of who God is and what He has done. It is closely intertwined with thanksgiving as we offer back to God appreciation for His mighty works on our behalf.

1. Praise acknowledges who God is:

- a) He is gracious - Grace is God **giving** us what we do not deserve.
- b) He is merciful - Mercy is God **not giving** us what we do deserve.

2. Thanksgiving acknowledges God for what He has done:

- a) He is righteous— God has chosen to enter into covenant and He is faithful to keep it, His justice is on display in keeping this covenant.
- b) Thanksgiving that God hears & answers prayer Thanksgiving that God saves and delivers from terrible circumstances.

E. Pray in confidence even in the midst of affliction Psalm 116:10-14 NLT.

- 10. **I believed in you, so I said, “I am deeply troubled, Lord.”**
- 11. **In my anxiety I cried out to you, “These people are all liars!”**
- 12. **What can I offer the Lord for all he has done for me?**
- 13. **I will lift up the cup of salvation and praise the Lord’s name for saving me.**
- 14. **I will keep my promises to the Lord in the presence of all his people.**

Verses 10-14 is a very real way of speaking to God. “ **I believe so I speak with you... “I am deeply troubled, LORD”**

When talking to God, why hide behind eloquent speech or a lack of expressing our true feelings? He is God! You cannot fool Him!

“These people are ALL liars...” The Psalmist is referring to the lack of loyalty in people he had trusted. It felt to him as though no one could be counted on, so, he exaggerated his reality.

We often do this. We use words like **everything, everyone, always, or never**. For example, when we say, “Everything has gone wrong today,” or “Everyone hates me .” We use exaggeration to express our feelings. The statement that “all men are liars” in Psalm 116:11 follows that pattern.

” Remember when Elijah ran from Jezebel, after she threatened to kill him. (1Kings 19) While in a cave the word of the LORD came to Elijah, “What are you doing here, Elijah. So Elijah said in 1 Kings 19:10, **“I have been very zealous for the LORD God of host; the children of Israel have forsaken Your covenant and killed your prophets. I alone am left...”** Elijah, in his depression, thought he alone was faithful to God. If he were killed by Jezebel, he thought there would be no one left to serve the LORD.

God told Elijah to leave the cave, to go anoint Jehu, Hazael as King, and Elisha as prophet in your place. God also told him, there are seven thousand in Israel, who have not bowed Baal or kissed Baal with their mouth. You don’t need to exaggerate when praying to God about how you feel.

What can I offer the Lord for all he has done for me? v. 12

This question emerges from the Psalmist’s experience of God’s goodness. His goodness starts with forgiveness of sins, Yahweh, **“remembers them no more.”** (Hebrews 10:17).



No wonder the Psalmist is asking how to repay God. Instead of giving, he is accepting what Yahweh offered. His response is in three parts: 1) Accept His **SALVATION**; 2) Give God continual PRAISE; and 3) Honor his **PROMISES** he made to the LORD.

Cup of salvation raised up... lifting Him up before others... the cup was pored out as a sacrifice...

We will **NEVER BE ABLE TO REPAY GOD**.

There is not one thing we can do for God that He has not first done for us. We should live with gratitude towards God and make our life a living testimony for others to see. Anything we would do for Him is also a GIFT from HIM, because all things were created by Him. That just increases our debt to Him.



F. Psalm 116:15–19 — New Living Translation (NLT)

15 “The Lord cares deeply when his loved ones die.

16 O Lord, I am your servant; yes, I am your servant, born into your household; you have freed me from my chains.

17 I will offer you a sacrifice of thanksgiving and call on the name of the Lord.

18 I will fulfill my vows to the Lord in the presence of all his people—

19 in the house of the Lord in the heart of Jerusalem.

Praise the Lord!”

Philippians 1:21–24 — New Living Translation (NLT). (Apostle Paul writes:

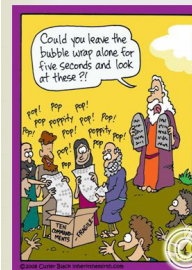
21 “For to me, living means living for Christ, and dying is even better. 22 But if I live, I can do more fruitful work for Christ. So I really don’t know which is better. 23 I’m torn between two desires: I long to go and be with Christ, which would be far better for me. 24 But for your sakes, it is better that I continue to live.”

In Psalm 116:15, the word "precious" is often translated from the Hebrew word "yaqar," which can mean valuable, costly, or highly esteemed. The verse reads, **"Precious in the sight of the Lord is the death of his faithful servants."**

If we are “precious” to God then we are of “great value,” “not to be “treated carelessly”, but with highest respect and dignity,.” He “cherishes, treasures us, and we are His.

In Psalm 8:4-6, David asked, **“What is man’s significance?”** The answer is firmly based in creation, in that God made man just a little lower than the heavenly beings, yet he has made man the crown of creation, with glory and honor. This is because man is uniquely made, as Genesis describes, in God’s image and likeness.

God makes us in his divine image



- God created us in His divine image – meaning, God has endowed us with godlike qualities – to think, choose, love, and relate to others.
- These qualities enable us to share in God’s own life.
- Because we were created in God’s image, we possess dignity, value, and worth.

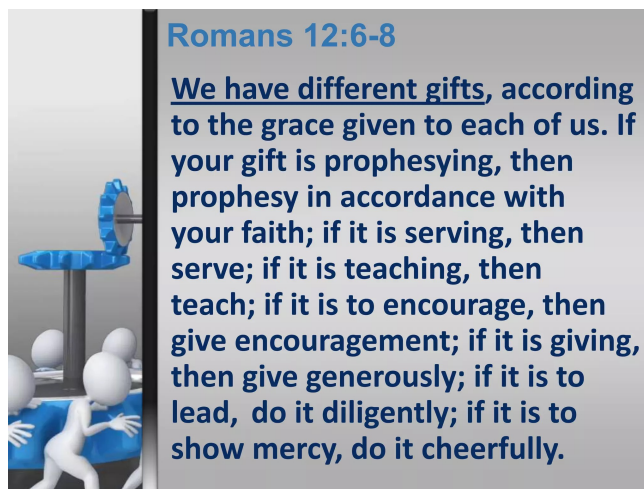
v. 18 “I will fulfill my vows...”

Vows are debts that must be paid, for it is better not to vow than to vow and not pay. He will pay his vows:

1. Presently; he will not, like sorry debtors, delay the payment of them, or beg a day; but, "I will pay them now," Ecclesiastes 5:4. **“When you make a vow to God, do not be late in paying it; for He takes no delight in fools. Pay what you vow!”**

2. Publicly; he will not huddle up his praises in a corner, but what service he has to do for God he will do it in the presence of all his people; nor for showiness, but to show that he was not ashamed of the service of God, and that others might be invited to join with him.

v. 19 He will pay his vows in the House of the LORD..., where there was a crowd of Israelites attending, in the midst of Jerusalem, that he might bring devotion towards the Messiah, Jesus Christ. Let us Praise the LORD, HALLELUJAH, especially in the community of believers.



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