

**Tuesday, March 26, 2024 • Read Psalm 116:1–9**

Questions from the from the Scripture text: What does the psalmist love (v1)? Why—what two things has He heard? How does v2a describe this? In what manner will the psalmist's love respond (v2b)? What surrounded the psalmist (v3a) and laid hold of him (v3b)? What did he find (v3c)? How did he respond (v4a)? What did he call God (v4b)? What did he ask Him to do? With information about what (Whom!) does he interrupt his own account in v5? What three attributes does he declare? What does God do (v6a)? For whom? In what condition had the psalmist been (v6b)? And what did God do for him? How does the psalmist now describe God (v7a)? Whom does he command to return to rest in Him? What reasoning does he give himself (v7b)? What does he pick up describing, again, from v3 (v8a)? From what situation did God deliver him (v8a)? From what emotional condition (v8b)? From what weakness/inability (v8c)? Where is the psalmist, as a result (v9b)? Before Whom will he walk (v9a)?

**What do we learn from desperate situations?** Psalm 116:1–9 prepares us for the opening portion of public worship on the Lord's Day. In these nine verses of Holy Scripture, the Holy Spirit teaches us that **desperate situations train us to live in love with the Lord.**

One great part of loving the Lord (v1) is calling upon His Name our whole life long (v2b). It is hateful to God to pray to another! He listens to us in love (v2a), provoking us to love Him back (cf. 1Jo 4:19). Prayer is, among other things, worship that revels in fellowship with God.

And for seeing and knowing His love to us, it is important that we not only know the greatness of the God to Whom we come, but also our own lowliness, who are coming to Him. The psalmist calls himself "simple" (v6a) and brought low (v6b). Part of prayer is the humility of admitting our weakness and sinfulness. If we do not admit that we are the "simple," then we will miss out on the hope that v6a offers to us in God's grace and mercy. But, if we know ourselves rightly, we will know that we are exactly the sort of person to whom He is gracious and merciful.

So, we must not miss our opportunities for humility. The psalmist had been given just such an opportunity that he remembers in v3. Not only was the situation mortally desperate (3a–b), but it was beyond his ability to negotiate ("I found trouble," v3c) or emotionally handle ("and sorrow," v3c). When the Lord brings you into such a situation, and you find in yourself such inability and such emotional distress, you have the opportunity to see both Himself and yourself properly.

The Lord delivers us not only from situations that bring us to an end of ourselves (v8a), but from the anxiety and despair that arises within us (v8b), and our inability to deal with them (v8c). In such situations, not only do we discover ourselves to be "simple" (v6a) and "low" (v6b), but we discover Him Who hears us (v4) to be gracious and righteous (v5a) and merciful (v5b).

Remembering the Lord's bountiful dealings with us is important (v7b), because it prompts us to return to Him for our soul's rest (v7a). He gives us both His Word and His previous work to drive us to Himself. We are both to rest in Him Who has dealt bountifully with us (v7) and to live out our lives as a life-debt unto Him. Since it is He Who has given us life (v9b), let us live it before Him (v9a). That is to say: let us live in dependence upon Him, for His service, and for His glory.

When have you been nearest death? What is the lowest emotional state in which you have found yourself? What situation have you been least able to deal with? For what have you most urgently prayed? How has God dealt with you in all of these situations? What truths about Himself, from His Word, has He shown you in these works? How do you enjoy His love, now, in prayer? How do you express your love to Him? What instruction do you give to your soul? How are you "walking before the Lord" in your life?

*Sample prayer: Lord, we love You, because You have heard our voice and supplications. Because You have inclined Your ear to us, we will call upon You as long as we live. Gracious are You, O Lord, and righteous! You are our own covenant God, and You are full of compassion toward us! We are simple and humble and helpless, but You have saved us and dealt bountifully with us. So, grant unto us now the work of Your Spirit, that by Your grace, our souls may return to You for rest. Grant that whether in our work or in our worship, our entire life would be a walking before You by the grace of Christ, which we ask in His Name, AMEN!*

**Suggested songs: ARP116A "How Fervently I Love the LORD" or TPH116A "I Love the LORD, for He Has Heard Our Voice"**

**(The following is a machine-generated transcription. PLEASE BE AWARE of—and patient with—transcribing errors. If there is something confusing or obviously erroneous, you are invited to listen to the audio recording via [hopewellarp.org](http://hopewellarp.org))**

Psalm 116 verses 1 through 9. These are God's words. I love Yahweh because he has heard my voice and my supplications. Because he has inclined his ear to me. Therefore, I will call upon him as long as I live. The Pains of death surrounded me, and the pangs of shayol laid, hold of me.

I found trouble. And sorrow. Then I called upon the name of Yahweh. Oh Yahweh, I implore you deliver my soul. Gracious is Yahweh and righteous. Yes, our God is merciful. Yahweh, preserves the simple. I was brought low. And he saved me. Return to your rest O my soul. For y'all who has dealt bountifully with you.

For you have delivered, my soul from Death. My eyes from tears. And my feet from falling. I will walk before y'all play. And the land. Of the living. So far. Reading of Gods inspired and inherent worked. In which we find out one of the great reasons. Uh, for which the Lord brings us through trouble.

And that is to declare himself to us. To show that the character that he tells us about himself in his word. It's true. Also in his work, And so we should respond to that character. Uh, with love. That is expressed in Prayer. And, Trust. Dependence upon him. And, Uh, obedience or Devotion.

So, he had been in a situation where Well, he despaired of life, the Pains of death surrounded, me. And the pangs of sheol laid, hold of me. Uh, he says, in verse three. So The circumstance that he was in in God's Providence. Was very dangerous, mortally dangerous. Uh, but he also Had in his heart.

Uh, despair anxiety. Uh, he says I found trouble. And sorrow verse 3. Uh, similarly in Eight. You have the six, the circumstance, you have delivered, my soul from Death. So there's that mortally dangerous circumstance, but then also the internal emotional distress. You've delivered my soul from Death. My eyes from tears.

And of course, not just that the situation is dangerous and he has the emotional turmoil within but also his inability and my feet from falling feet that couldn't Uh, therefore deliver themselves. And he went through this and the Lord. Um, brought him by Grace to call upon his name.

He says, then I called upon the name of Yahweh o Yahweh I implore you. Deliver my soul. And to this the Lord listened. So you have in the second half of verse 1 and the first half of verse two, Uh, he has heard my voice and my supplications. Because he has inclined his ear.

To me. And so, the Lord Uh, listen to Delivered. And in this, He concluded or he saw the truth. That you have in verse 5 which again is an abbreviation of how the Lord declares his own name throughout scripture and especially in that great declaration of his own name to Moses on the mountain.

In Exodus 34. After he has forgiven, The incident with the golden calf. And he displays himself to Moses. Uh, yes, with A visual display of sorts. But especially by proclaiming his name. To Moses. And here, the summary of the Lord, Described as gracious as Yahweh and righteous. Yes. Our God is merciful.

And the psalmist has discovered these things. By the Lord. Listening to him in the midst of. His trouble. And so, because the Lord has listened to him and Uh, loved him. He will love the Lord. The psalm begins. I love Yahweh. Because he has heard. And so forth. It is very important that we take note of the great things that the Lord has done for us.

The greatest thing, of course, In his giving himself for us in his son. The Lord Jesus Christ and we love him because he first loved us and that is the great display of his love. It was also good to make memory of to And make remembrance of those times in your life when you have been in greatest danger.

Or in greatest emotional distress or with least ability. Three things again that we see verse eight in greatest. Danger delivered, my soul from death in Greatest emotional distress. My eyes from tears. And greatest inability my feet. From falling. That we make memory remembrance of those things. So that we will see how God has loved us in Christ.

And how the love with which he has loved us in Christ is also Bend the love with which he has responded to us in. Crying out to him. So that we will love him. And notice the loving hymn in the first part of verse one is Also calling upon him.

Second part of verse 2, I love Yahweh because he has earned my voice and supplications. Because he has inclined his ear to me. So same thing hearing your voice and supplications. Therefore I will call upon him as long as I live. Again. Prayer is an act of worship. We cry out to God.

We are hoping in him to be the God who hears And the God who cares and The God Who knows what to do and The God Who is able to do What his perfect wisdom knows to do and what his love intends and desires towards us. And so, Uh, biblical prayer praying in this way, in which we come to have fellowship with him and call upon his name and yield ourselves up to him submit ourselves to him.

It is an act of loving worship. Worshiping love. And therefore, it is not to be given to any creature. But to God Alone. And so we should love him. And we should call upon his name. And then in future. Circumstances where we find that we are distressed or Um, weary we need rest.

The remembrance of God. And what he has done. Helps us. A to be humble and be to be trusted. Humble verse 6, Yahweh preserves the simple. Doesn't say here Cafe preserves the faithful. Oriole preserves the Hawaii's or coffee preserves the good very often preserves the righteous Although he does that, in the Um, Cases of those things because those things only come by Union with Christ.

For whose sake and by whose Grace and whose life and by whose power, the Lord does produce anything good. That is found in us, but it does not come from us. And so, It is good to be able to have from God the grace to be humble. Uh, like in verse 6.

Where this almost acknowledges himself to be simple to be brought long. This puts us in the category of those in the Lord saves. Those who are needy of the Lord and whose goodness his righteousness. His wisdom. Is only in Christ and from Christ. And so we are. To remember that.

The way that we were delivered from past circumstances was not because of any greatness that was in us or from us, but by God's mercy to us, And then not only will we be humble about ourselves. Uh, be reminded again in our difficult circumstances, how simple we are, how feeble we are But we will be able to give instruction command to ourselves return to your rest O.

My soul. How sad and foolish we are. That we have to be reminded to return to him. Who is our rest? Uh, there is Sweetness and strength in resting in the Lord. But we are forgetful. And so he has given us. His word has given us the ability and the example instruction.

Um, to remember His Mercy to us in the past that we will direct our hearts. To where they belong. And then our whole lifelong then. Uh, we live as those who have a Debt to the Lord. I will walk before Yahweh in the land of the living since he has saved us from death, since he has given us our life, we owe him that life.

And so we don't merely remember him whenever we need help. Although certainly we do that. That's part of loving him as we've been hearing. In the psalm. But we don't just remember him. When we need help, we walk before him. With all of our living. Which is to say Independence upon him.

Delighting in him being devoted to his glory. I'll walk before, Yahweh. In the land of the living. And so great usefulness in our afflictions. Uh, which threaten us with Mortal danger, and Produce in us within us to which we respond with great, internal emotional turmoil. In which we find.

Uh, inability and weakness in ourselves, our feet would otherwise fall. Although, you know, we were not literally able to stand on our own two feet, but a great usefulness and those afflictions then That we might call upon the Lord. And that we might discover and know. His love and his wisdom, and his power.

And respond with love and prayer and resting. And then, living our whole life. As a life debt unto him. And then, let's pray.

I do pray that you would help us O Lord. To walk before you. As long as we live. And help us to. Remember. The greatness of your love, especially at the cross. And also in the Great Moments of Deliverance and recovery that you have given to us. In our lives.

So that we will love you and we will call upon your name. And so that we will instruct our own souls to return to the rest then. Help us by your spirit. For you know, Lord how quickly forgetful we are. Even of such circumstances and such deliverances. So, have mercy.

You're simple children here. Uh, and particularly When your Providence? Lays us lower. Than usual. Grant to us to remember what your word says. About. Your purposes. Uh, such trouble. And the right way of responding. And grant that your spirit would not only make us to remember what your word says.

But would give us Grace from you Grace, that is in Christ. So that we could respond the way that your word says, So help us, we pray in Jesus name.