

Psalm 116

- I. This is a psalm of thanksgiving to God for answers to prayers for help and deliverance.
- II. This psalm does not bear the subheading, “A Psalm of David” seen in many other psalms.
 - A. Not all of David's psalms have that subheading.
PSA 2:1 c/w ACT 4:25; HEB 4:7 c/w PSA 95:7.
 - B. The psalmist here describes himself to God as “...the son of thine handmaid...” (v. 16), a term which only refers to David's mother in the psalms. **PSA 86:16.**
 - C. This psalm well fits David's experience.
- III. At the very least, this Psalm is instructive for our hope. **ROM 15:4.**

vs. 1-4.

- A. Compare v. 1 with **PSA 18:1-3.**
 - 1. Answered prayers are a very good reason to love God.
 - 2. Mind that the LORD heard his *voice*; this was not a secret internal prayer.
 - 3. Mind also that this is a *reciprocal love* that the psalmist has for God (v. 1); he loves God BECAUSE God heard his pleas. c/w **1JO 4:19.**
 - a. Men may *know of God* from observation and deduction. **ROM 1:20-21.**
 - b. But men can only *love God* because of a revelation of His love for them and His Fatherly care of them. **1JO 4:9-10.**
- B. He had obviously been in great distress. v. 3.
 - 1. The sorrows of death and the pains of hell were his experience. c/w **PSA 18:4-5.**
 - 2. Hell being a place of darkness, torment and separation from God, it can be experienced in the soul without actually going there. At such time, pray! **JON 2:2.**
 - 3. Thus, Jesus Christ suffered hell in His soul BEFORE He died; His death was the end of His soul's sufferings. **ACT 2:27; LUK 23:43.**
- C. He thus called upon the name of the LORD to deliver his soul. v. 4.
 - 1. A wise choice: there is salvation in no other name. **ACT 4:12.**
 - 2. Whosoever shall call upon the name of the Lord shall be saved. **ROM 10:13.**
 - 3. In answer, God had *delivered his soul from the lowest hell*. c/w **PSA 86:13.**
- D. The boon granted, he resolves to call upon God as long as he lives (v. 2). Answered prayers should encourage us to continued prayers. **COL 4:2.**

vs. 5-6.

- A. The LORD is a righteous God, a righteous Judge (**2TI 4:8**). How ever could we serve Him or stand before Him were it not that He was also gracious and merciful?! **PSA 103:8-14.**
- B. simple: Free from duplicity, dissimulation, or guile, innocent and harmless; undesigning, honest, open, straightforward. 2. Free from pride,...humble.
 - 1. God gives grace to such. **JAM 4:6.**
 - 2. The psalmist “...was brought low.” This can happen from oppressive circumstances or by a work of God to save us from self-exaltation. **PSA 107:39 c/w 2CO 12:7.**
 - 3. In his lowness, he slipped into dark assumptions about everyone. v. 11.
 - a. Depression can easily breed evil surmising, blanket condemnation, paranoia and false accusation.
 - b. Let not the dark deeds of some color our view of all.
 - c. Let us embrace the order of **JAM 1:19.**

- C. The psalmist was brought low and God helped him. He is a "...very present help in trouble" (**PSA 46:1**). c/w **HEB 4:16**.
- D. The psalmist is here praising God for His help, an appropriate response in consideration of all that God has done to help, visibly and invisibly. **PSA 28:7; 1SAM 7:12**.

vs. 7-8.

- A. The psalmist here converses with his own soul, commanding it to return to its rest. c/w **PSA 42:5**.
 - 1. Rational faith which knows God, His promises and His doings must order the soul accordingly. **PSA 42:11; 43:5**.
 - 2. Has not God dealt bountifully with our soul? Then command the soul to remember the same. **PSA 103:2**.
 - 3. Those who come to Christ to bear His yoke and learn of Him find the greatest bounty and rest for their souls. **MAT 11:28-30; 2CO 1:4-5**.
- B. The bountiful dealings which should reorient his soul are God's manifold deliverances. **v. 8**.
 - 1. This verse answers the plea of **PSA 56:13**.
 - 2. Salvation is not limited to that of the soul from death, but also from grief and falling. c/w **PSA 44:4; 94:18**.
 - 3. Christ's gospel is especially for the deliverance of the brokenhearted. **ISA 61:1-3**.
 - a. There is comfort for the mourning soul. **MAT 5:4**.
 - b. He promises fountains of living water where God wipes away tears. **REV 7:17**.
 - 4. He is able to keep the believer from falling (**JUDE 1:24**):
 - a. from the truth about salvation by grace and falling back into old errors. **GAL 5:4; 4:8-9**.
 - b. into the condemnation, reproach and snare of the devil. **1TI 3:6-7**.
 - c. into temptation and a snare. **1TI 6:9**.
 - d. after bad examples of unbelief. **HEB 4:11**.
 - e. from steadfastness. **2PE 3:17**.
 - f. because He "...is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us" (**EPH 3:20**).