

## Psalm 116:1-9

I love the LORD, because he has heard  
my voice and my pleas for mercy.

<sup>2</sup> Because he inclined his ear to me,  
therefore I will call on him as long as I live.

<sup>3</sup> The snares of death encompassed me;  
the pangs of Sheol laid hold on me;  
I suffered distress and anguish.

<sup>4</sup> Then I called on the name of the LORD:  
“O LORD, I pray, deliver my soul!”

<sup>5</sup> Gracious is the LORD, and righteous;  
our God is merciful.

<sup>6</sup> The LORD preserves the simple;  
when I was brought low, he saved me.

<sup>7</sup> Return, O my soul, to your rest;  
for the LORD has dealt bountifully with you.

<sup>8</sup> For you have delivered my soul from death,  
my eyes from tears,  
my feet from stumbling;

<sup>9</sup> I will walk before the LORD  
in the land of the living.

## God Our Deliverer

Have you ever felt trapped? Be it a temptation, a feeling, relational struggles, or a trial; it's easy to lose heart and feel like you're being held captive. In Psalm 116:1-9, the psalmist tells of a time when he was trapped and where he found hope. Let's check out what we can learn of the psalmist's deliverance.

1. Read Psalm 116:1-9 and circle every reference to the **psalmist** including (*I, my, me*).

**Reflect:** What was happening to the psalmist? How was he suffering and what did he ask for?

2. Read Psalm 116:1-9 and place a triangle over every reference to **God** including (*LORD, he, his, him, God, you*).

**Reflect:** How does the Lord respond when the psalmist cries out to Him?

**Reflect:** What do these verses teach you about God's character? How does He respond when the captive call on Him? What prompts Him to act in this way?

If you've ever seen news footage of a hostage set free you can't help but notice the depth of emotion and gratitude the captive feels toward his deliverer. Do you get a sense for that same sort of emotion in this Psalm? How does God's action impact the psalmist? What is his response to his Deliverer?

Next time you feel yourself trapped by something, remember the Lord! Cry out to Him. He is your deliverer! You can call out to Him and know with confidence that His grace and mercy will bring you rest, life and peace in Him.