

# A Time Of Rest

Psalms 116



*Leap*  
of FAITH  
Hebrews 11:1



## Psalm 116:1-4 (NKJV)

1 I love the LORD, because He has heard My voice and my supplications.

2 Because He has inclined His ear to me,  
Therefore I will call upon Him as long as I live.

3 The pains of death surrounded me, And the pangs of Sheol laid hold of me; I found trouble and sorrow.

4 Then I called upon the name of the LORD: “O LORD, I implore You, deliver my soul!”

# Psalm 116

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At a time when the psalmist was “at rest” , unscrupulous men whom he had trusted lied about him and created trouble for him. In fact, their deception almost cost him his life, but he called on the Lord and was saved from death.

The psalm is very personal, with “I,” “my,” and “me” used over thirty times.

As the psalmist reflected on his life-threatening experience, he discovered several reasons why the Lord God delivers people from danger and death.



# God Answers His Children's Prayers

(vv. 1–4)

The writer could not trust in himself for deliverance:

**Psalm 116:3** (NKJV)

The pains of death surrounded me, And the pangs of Sheol laid hold of me; I found trouble and sorrow.

Nor could he trust the people around him, some of whom were liars: Psalm 116:11 (NKJV) I said in my haste, “All men are liars.”



# God Answers His Children's Prayers

(vv. 1–4)

But he knew he could trust in the Lord and call on Him for help:

**Psalm 116:2** (NKJV)

Because He has inclined His ear to me,  
Therefore I will call upon Him as long as I live.

**Psalm 116:13** (NKJV)

I will take up the cup of salvation, And call  
upon the name of the LORD.

**Psalm 116:17** (NKJV)

I will offer to You the sacrifice of thanksgiving,  
And will call upon the name of the LORD.



# God Is Listening

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To “incline” one’s ear is to pay attention and concentrate on what is being said.

## **Psalm 113:5–6** (NKJV)

5 Who is like the LORD our God, Who dwells on high,

6 Who humbles Himself to behold The things that are in the heavens and in the earth?

## **Psalm 17:6** (NKJV)

I have called upon You, for You will hear me, O God; Incline Your ear to me, and hear my speech.



# Jehovah Hears Our Prayers

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Only a God as great as Jehovah can hear the voices of millions of His children who are praying to Him at the same time.

The writer was in deep trouble and sorrow, like a man drowning who is so entangled in a net that death seems inevitable (*vv. 3, 8, 15; see 18:4–6*).

**The Name Of The Lord  
Represents All That God Is  
And Does, And To Call On  
His Name Is To Trust Him To  
Work On Our Behalf.**



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## **Psalm 116:4** (NKJV)

Then I called upon the name of the LORD: “O LORD, I implore You, deliver my soul!”

## **Psalm 116:13** (NKJV)

I will take up the cup of salvation, And call upon the name of the LORD.

## **Psalm 116:17** (NKJV)

I will offer to You the sacrifice of thanksgiving, And will call upon the name of the LORD.

# If You Are Sinking, Pray!

Like Peter sinking in the sea during the storm, he prayed, “Lord, save me!” (*Matt. 14:29–31*) and the Lord rescued him.

## Mark 14:29–31 (NKJV)

29 Peter said to Him, “Even if all are made to stumble, yet I will not be.”

30 Jesus said to him, “Assuredly, I say to you that today, even this night, before the rooster crows twice, you will deny Me three times.”

31 But he spoke more vehemently, “If I have to die with You, I will not deny You!” And they all said likewise.



When Through No Fault  
Of Our Own We Find  
Ourselves In Great  
Danger, We Can Call On  
The Lord For His Help.



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## **Palm 116:5-11** (NKJV)

5 Gracious is the LORD, and righteous; Yes, our God is merciful.

6 The LORD preserves the simple; I was brought low, and He saved me.

7 Return to your rest, O my soul, For the LORD has dealt bountifully with you.

8 For You have delivered my soul from death, My eyes from tears, And my feet from falling.

9 I will walk before the LORD In the land of the living.

10 I believed, therefore I spoke, "I am greatly afflicted."

11 I said in my haste, "All men are liars."



# God Is Merciful & Gracious

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God's name represents God's character, and He is gracious, righteous, compassionate, and powerful.

The Lord loved the psalmist and saved him, and the psalmist then loved Him even more.

## 1 John 4:19 (NKJV)

We love Him because He first loved us.

“Simplehearted” does not refer to ignorant or superstitious people but to childlike believers with sincerity and integrity, people who dare to believe that God means what He says.



But the Lord did even more than deliver him from death. He also “dealt bountifully” with him (v. 7), and some of this “bounty” is described in verses 8–9.

## Psalm 116:7–9 (NKJV)

7 Return to your rest, O my soul, For the LORD has dealt bountifully with you.

8 For You have delivered my soul from death, My eyes from tears, And my feet from falling.

9 I will walk before the LORD In the land of the living.



God wiped away his tears, He held him up and prevented him from stumbling (*Jude 24*), and He walked with him to protect him from his enemies.

## **Jude 24** (NKJV)

Now to Him who is able to keep you from stumbling, And to present you faultless Before the presence of His glory with exceeding joy,

And He did all of this in spite of the uncertainty of the psalmist's faith, one minute dismayed at the lies of so-called friends, the next minute affirming his faith in the Lord.

## **Psalm 116:10–11** (NKJV)

10 I believed, therefore I spoke, “I am greatly afflicted.”

11 I said in my haste, “All men are liars.”





In the pressure of danger and pain, we often say things we really do not mean, but the Lord sees our hearts and knows what we really believe.

The psalmist held to his faith even though he said what he did, and the Lord ignored what he said with his lips and responded to what he was saying in his heart. Paul quoted verse 10 in 2 Corinthians 4:13.

## **2 Corinthians 4:13** (NKJV)

And since we have the same spirit of faith, according to what is written, “I believed and therefore I spoke,” we also believe and therefore speak,



# God Holds His Children Precious

(vv. 12–15)

## Psalm 116:12–15 (NKJV)

12 What shall I render to the LORD For all His benefits toward me?

13 I will take up the cup of salvation, And call upon the name of the LORD.

14 I will pay my vows to the LORD Now in the presence of all His people.

15 Precious in the sight of the LORD Is the death of His saints.



# God Is Faithful To His Covenant

(vv. 16–19)

The phrase “I am your servant” is equivalent to “I am a son of the covenant.” His father and mother had brought him to the priest eight days after his birth, and there he received the sign of the covenant and the name his parents had selected for him (*Lev. 12:3; Luke 1:57–63; 2:21*). If he kept the covenant and obeyed the Lord, he had the right to come to the Lord with his needs and ask Him for help. Believers today belong to God’s new covenant family in Christ, but this does not guarantee protection from pain and trials.



# God Is Faithful To His Covenant

(vv. 16–19)

However, it does mean that God is in control and will work all things for our good and His glory, even our death (*Rom. 8:28; John 21:17–19; 2 Peter 1:12–15*). Even our Lord lived on a divine timetable and they could not crucify Him until the chosen hour had come (*John 2:4; 7:30; 8:20; 12:23; 13:1; 17:1*). May the Lord help us to end well and be faithful to Him (*2 Tim. 4:6–8*).

