

September 17, 2017

Series: Authentic: Living Life through the Psalms

Title: When I Cry

Text: Psalms 116:1-14

Psalm 116:1–19 (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!”* ⁵ *How kind the Lord is! How good he is! So merciful, this God of ours!* 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!* 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.* 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!*

Intro:

One of the reasons, why we love the Psalms is that it **gives voice to the wide range of human emotions which arise from everyday experience.**

When studying the Psalms, you cannot escape the fact that it has within it several categories. Some are classified as Hymns, Songs of Lament, Songs of Praise and Songs of Thanksgiving.

I. The Lord Delivers from Death... Psalms 116

This is a Song of Thanksgiving. It’s arguably the most personal of all songs of thanksgiving.

His expression is one who has thoughts and feelings of a person who was in deep trouble – facing death – but finds a God who delivers and restores!

This Psalms is tender and flows from the heart of the Psalmist to the Lord who experiences God’s goodness.

II. The Lord’s Goodness (v. 3 -11)

A. My Troubles

Most of the time, we don’t think that part of giving Thanks to God is to also recount (go over) the troubles that we have experienced in the past. Remembering before the Lord, the dark and deep places.

This Psalms really give us the permission and biblical foundation to do that and embrace such an idea.

Physical Troubles

v.3 – *Death wrapped its ropes around me; the terrors of the grave overtook me. I saw only trouble and sorrow.* [This is not a psalmist who was facing somebody after him, but one who was dealing with a physical problem and needed the Lord to heal him].

Mental Anguish

v.10-11 – *I believed in you, so I said, I am deeply in trouble, Lord. In my anxiety, I cried out to you.* [He recounts it all]

The kicker is this... the psalms recounting of his trouble was not a private affair; it took place in public. In **v.18 ... he did this in the presence of all his people – in the house of the Lord, in the heart of Jerusalem.**

Point#1: THERE'S NO SHAME IN TELLING YOUR STORY!

B. My Cry

Telling your story is only the beginning, throughout this Psalms we see something important. He knew the importance of “the cry” or learning how to plead His case to the Lord.

v. 4 – “Then I called on the name of the Lord: Please, Lord, save me!”

When we plead with God for deliverance, we can be completely honest with him about where we are and how we feel. Honesty in prayer is a priceless gift that we have been given with the God of the Universe.

Psalm 13:1–4 (NLT) - ¹ *O Lord, how long will you forget me? Forever? How long will you look the other way?* ² *How long must I struggle with anguish in my soul, with sorrow in my heart every day? How long will my enemy have the upper hand?* ³ *Turn and answer me, O Lord my God! Restore the sparkle to my eyes, or I will die.* ⁴ *Don't let my enemies gloat, saying, “We have defeated him!” Don't let them rejoice at my downfall.*

Point#2: GET HONEST WITH GOD AND YOURSELF!

[THERE IS NO SUBSTITUTE FOR CALLING ON THE LORD]

C. My Deliverer

The recounting of Trouble and the Crying out to God is a part of the Thanksgiving, if you don't leave it there!

Let's build some more...

The third thing we see in this Psalms is him going over how God is the deliverer.

v. 6 “The Lord protects those of childlike faith; I was facing death, and he saved me.” [from physical troubles]

v. 8 “He saved me from death, my eyes from tears, my feet from stumbling. [from mental anguish]

“Thanksgiving does not only tell **that God** has saved but also **why God** has saved.”

You and I need to not only know that God does but why God does...
The Why is simple!

- Not because I'm good or have been good (nothing wrong with being a good person)
- Not because I'm smart and figured my way out of things (nothing wrong with being smart and figuring things out)
- Not because I prayed and fasted and pressed into God (absolutely nothing wrong with praying and fasting and serving and giving and etc...)

v.5 “How kind the Lord is! How good he is! So merciful, this God of ours!”

v.7 “Let my soul be at rest again, for the Lord has been good to me.”

It's the disposition (nature) of God to be kind!

Point#3: GOD DELIVERS US BECAUSE HE IS ABLE AND BECAUSE HE IS KIND!

D. My Response (v. 1-2, 12-16)

The culmination of this song of Thanksgiving is the response to God for all of the above:

- The Rehearsing of the Trouble that you've been through
- The Crying and Pleading out to God
- The Understanding of His Ability to Deliver and why He Delivers

How does one respond when they have been delivered from deep waters, v. 12 *"What can I offer the Lord for all he has done for me?"*

▪ **Love**

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!*

"I love the Lord," this expression of someone saying this is found only twice in the whole bible, here and in Psalms 18:1.

Love is the expression that flows from the heart of someone whose "every groan" the Lord has pitied."

Because he bends down to listen, I will pray (groan, talk to God, tell my story, plead my case) as long as I have breath!

- May feel distant at times... but as long as I have breath...

- May feel my prayers are not getting through ... but as long as I have breath

v.15NKJV **"precious in the sight of the Lord is the death of his saints."** (NLT – The Lord cares deeply when his loved ones die.)

Here, **the Lord had pity on him and did not let him die!**

The Lord heard his groan and for that "I LOVE THE LORD!"

▪ **Praise**

v. 13 – *"I will lift up the cup of salvation and praise the Lord's name for saving me.*

v. 14 – *"I will keep my promises to the Lord in the presence of all his people*

[If you tell the trouble, you also must declare the Praise]

BIG IDEA: Living a Life of Loving praise is not too much to ask of those who have been touched by the goodness and mercy of the Lord.