

Psalm 116—Spiritual Experience Examined

- **Structure:** Back and forth of experiences of deliverance (v.3-4, 7-11, 15-16) and his outbursts of thanksgiving to the Lord (v.1-2, 12-14, 17-19).
- **Intro:**
 - First and foremost Psalm 115 is the experience of Jesus—He sang this song just after instituting the Lord's Supper
 - v.13—the cup of salvation—thinking about communion and the Garden of Gethsemane
 - For The Savior and for All God's People!
 - **v.1—I LOVE THE LORD (only 2 times in Psalms)—deep affection!**
- **Lost Before God (v1-4)**
 - I love the Lord—this is where it starts—do you love Him?
 - There is a love that wells up in our hearts as a result of experiencing communion with him; having him hear and respond to our cries of prayer!
 - BECAUSE he hears my cry...therefore, I will call on him as long as I live— isn't this our experience!?
 - Snares of death encompassed me—this is the depths of his soul's experience
 - **The pain of sin:**
 - He experiences the pains of a guilty conscience; true pain of knowing you are in deep trouble with no ability to help yourself.
 - In God's people, the Spirit works deep grief into our hearts over our sin! The natural man will deny, excuse or justify sin rather than acknowledging and seeking deliverance!
 - **The pain of suffering**—we experience both the pain of a grieving conscience and we also experience the pains associated with a broken world!
 - Declaration from that place—deliver my soul!! (4)
 - **When the claws of hell wrap around us...what do we do!?**
 - **Cry out for salvation. Don't run FROM God but CLING to him!**
 - What we see here is this raw and real realization of the serious plight the psalmist is in—response—call on the name of the Lord..cry out to him for salvation!
 - **Have you ever felt the absolute necessity and the absolute impossibility of lostness and need of deliverance?**
- **Saved Now in Christ (5-11)**
 - v.5—this is the delightful declaration of the one who has cried out and been delivered!
 - How does God respond to the cry for deliverance? With grace and righteousness!
 - Salvation = the receiving of a righteousness that is God's and is from God!
 - **Bunyan—Our righteousness is in HEAVEN—we wish so bad it was ours but it is NOT!**
 - **Phil. 3:8b-9—For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but that which comes through faith in Christ, the righteousness from God that depends on faith.**
 - If God isn't righteously gracious/merciful we are DOOMED forever...if he IS..I am saved forever!
 - **Rock of Ages—Nothing in my hand I bring, Simply to thy cross I cling; Naked, come to thee for dress, Helpless, look to thee for grace; Foul, I to the Fountain fly; Wash me, Savior, or I die.**
 - **v.15—precious = "COSTLY"—grace isn't cheap...it cost God his only Son!**
 - That realization produces up deep adoration and thanksgiving for salvation!
 - **v.7—What does an alien righteousness produce in us? REST IN THE SOUL!!** Soul Sabbath!
 - Jesus doesn't just give rest...he IS REST! Come to me you who are heavy laden! That rest is a comfort to us when plagued with the pain of suffering and with the pain of our sin!
 - v.9—having been low, having cried out and been delivered, the Psalmist now declares he has been resurrected to walk forever in the Land!

- To walk with the Lord = to both wholly EXPOSED and wholly BEFRIENDED!
- **Worshiping Forever in Thanksgiving (12-19)**
 - Worship, Gratitude, Thanksgiving is where all this climaxes—what deliverance leads to!
 - **Marks of Grace—misery, grace, gratitude**
 - v.12—what do I even do with a God as gracious and good and merciful as this!?
 - v.13—Answer—NOTHING—All I will give is gratitude for what has been given to me—salvation!
 - v.14,17-19—what will I do? I will live a life of gladness, worship and adoration to him for all he has done for me in Christ!
 - v.14,18—in the presence of all his people—our spiritual experience is COMMUNAL, not just PERSONAL!
 - **Amazing Juxtaposition**
 - v.12—Empty handed in terms of merit
 - v.14, 17-19—hands full in terms of gratitude and thanksgiving!
 - He has everything to give to us and we have NOTHING to give to him!
- **Conclusion:**
 - Does Psalm 116 find an echo in your heart's experience
 - Have you ever experienced the grace of rescue, deliverance, salvation and gratitude!