



## ***I Will Praise***

11/7/21

### **The Downward Spiral of Pain**

*"The snares of death encompassed me; the pangs of (Hell) laid hold of me; I suffered distress & anguish. Then I called on the name of the LORD: 'O LORD, I pray, deliver my soul!'" - Psalm 116:3, 4 (ESV)*

### **The Reversal of My Mind**

*"I love the LORD, because He has heard my voice & my pleas for mercy. Because He inclined His ear to me, therefore I will call on Him as long as I live. The snares of death encompassed me; the pangs of (Hell) laid hold of me; I suffered distress & anguish. Then I called on the name of the LORD: 'O LORD, I pray, deliver my soul!' Gracious is the LORD, & righteous; our God is merciful. The LORD preserves the simple; when I was brought low, He saved me. Return, O my soul, to your rest; for the LORD has dealt bountifully with you. For You have delivered my soul from death, my eyes from tears, my feet from stumbling." - Psalm 116:1-8 (ESV)*

*"We love because He first loved us." - 1 John 4:19 (ESV)*

### **I Believe in the Middle of It All**

*"I WILL walk before the LORD in the land of the living. I believed, even when I spoke: 'I am greatly afflicted'; I said in my alarm, 'All mankind are liars.' What shall I render to the LORD for all His benefits to me? I WILL lift up the cup of salvation & call on the name of the LORD, I WILL pay my vows to the LORD in the presence of all the people. Precious in the sight of the LORD is the death of His saints. O LORD, I am Your servant; I am Your servant, the son of Your*

*maidservant. You have loosed my bonds. I WILL offer to You the sacrifice of thanksgiving & call on the name of the LORD. I WILL pay my vows to the LORD in the presence of all His people, in the courts of the house of the LORD, in your midst, O Jerusalem. Praise the LORD." - Psalm 116:9-19 (ESV)*

*"I believed, even when I spoke: 'I am greatly afflicted'" - Psalm 116:10 (ESV)*

*"What shall I render to the LORD for all His benefits to me?" - Psalm 116:12 (ESV)*

#### **Talk it Over! For my thoughts and LifeGroup\***

Read the full Psalm 116 and discuss each verse in light of the message.

Pray for each other!

\*A LifeGroup is a group of people who are committed to loving each other and growing through times like these. For more information, connect with Pastor Len at [len@marinerscc.org](mailto:len@marinerscc.org)