

# Songs of praise

## The life-giving Lord

### Psalm 116:1–19

#### 1. The Lord who delivers us from death

Psalm 18:4 <sup>ESVUK</sup> “The cords of death encompassed me;  
the torrents of destruction assailed me.”

Psalm 56:12–13 <sup>ESVUK</sup> “I must perform my vows to you, O God;  
I will render thank offerings to you.  
For you have delivered my soul from death,  
yes, my feet from falling,  
that I may walk before God  
in the light of life.”

#### 2. The Lord who frees us to serve

v13: calling on the name of the LORD

v14: vows to the LORD

v15–16

v17: calling on the name of the LORD

v18–19: vows to the LORD

#### Questions for discussion and reflection:

- Why do we find it hard to praise the LORD sometimes? How does this psalm help?
- Which truth from this psalm are you most grateful for?
- How could you live as the LORD’s servant this week?