

Psalm 116:1-3,10-17ⁱⁱⁱ

¹I love the LORD, because he has heard the voice of my supplication, *
because he has inclined his ear to me whenever I called upon him.

²The cords of death entangled me; the grip of the grave took hold of me; *
I came to grief and sorrow.

³Then I called upon the Name of the LORD: *
“O LORD, I pray you, save my life.”

¹⁰How shall I repay the LORD *
for all the good things he has done for me?

¹¹I will lift up the cup of salvation *
and call upon the Name of the LORD.

¹²I will fulfill my vows to the LORD *
in the presence of all his people.

¹³Precious in the sight of the LORD *
is the death of his servants.

¹⁴O LORD, I am your servant; *
I am your servant and the child of your handmaid; you have freed me from
my bonds.

¹⁵I will offer you the sacrifice of thanksgiving *
and call upon the Name of the LORD.

¹⁶I will fulfill my vows to the LORD *
in the presence of all his people,

¹⁷In the courts of the LORD's house, *
in the midst of you, O Jerusalem.

Hallelujah!

ⁱⁱⁱ **About the Psalm 116:1-3,10-17**

This psalm of thanksgiving recounts the vindication of a righteous sufferer. Such a psalm was recited as a testimony to other worshipers. The one who was delivered paid vows (vv. 14, 18) in the temple (v. 19). It is not clear whether this deliverance was from illness (v. 3) or false accusation (vv. 10-11)

But, in this psalm is an example of self-talk which allows one to move through the difficulty and maintain balance. . . .What's missing here is verse 6, "God is your rest." It means, historically, freedom from anxiety. I wonder why it is left out of the reading.