

IN ONE SENTENCE



he LORD heard me when death surrounded me and saved me, so I lift the cup of salvation and keep my vows.

Remember it: One-sixteen: saved from death, I raise the cup of salvation.

MEMORY VERSE

I will take the cup of salvation, and call on Yahweh's name.

Psalm 116:13 · World English Bible

HEBREW WORD

כּוֹס

"cup" · verse 13

In the Psalms: five times, in 5 psalms

כּוֹס means "cup," the drinking cup at a meal. Scripture uses it for a person's portion in life: "my cup runs over" in Psalm 23, or the cup of wrath for the wicked. Here the rescued one lifts "the cup of salvation," thanking God publicly for the portion he has been given.

HOW THE PSALM MOVES

1-4 I love the LORD, who heard me when death surrounded me

5-11 The gracious LORD saved me, so my soul can rest

12-19 I will lift the cup of salvation and keep my vows

IN THE NEW TESTAMENT

v. 10 → 2 Corinthians 4:13 I believed, therefore I spoke.

MY NOTES



Listen. Hear Psalm 116 sung in the **Psalm Song** app, or free at ispress.de/psalms/116.

Cantillated. Sung: chanted back and forth between a leader and the people.

Refuge in Trouble

Praise & Thanksgiving

God Will Not Abandon You

FILL IN THE BLANKS

The LORD heard me when _____ surrounded me and saved me, so I lift the
_____ of salvation and keep my _____.

CHECK YOURSELF

1. Why does the psalmist love the LORD?

☐ (A) Because he is rich

☐ (B) Because he listens to his voice

☐ (C) Because he won a battle

☐ (D) Because he built the temple

2. What does he tell his soul to return to?

☐ (A) Its rest

☐ (B) Its home

☐ (C) Its work

☐ (D) Its youth

3. Where will he pay his vows?

☐ (A) In secret

☐ (B) On a mountain

☐ (C) In the presence of all his people

☐ (D) In the wilderness

TALK IT OVER

1. Verse 12 asks, "What will I give to the LORD?" What answers does the psalm give?

2. What does verse 15 say about how God views the death of his faithful people?

3. How can you give thanks to God "in the presence of all his people" this week?

IN YOUR OWN WORDS: WHAT DOES PSALM 116 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 13 by heart

☐ I know the picture word

Answers: Blanks: death · cup · vows · Check yourself: 1. B (v. 1) · 2. A (v. 7) · 3. C (vv. 14, 18)