

*How Can I Say Thanks?*

Psalm 116

Intro: In this psalms of *thanksgiving*, the psalmist proclaims his love for the LORD (vv. 1-2), reflects on Yahweh's gracious and merciful deliverance from certain death (vv. 3-11), and vows to worship Yahweh at His temple as long as he lives (vv. 12-19; cf. v. 2b).

**I. Proclamation Of His Love For Yahweh vv. 1-2****II. Reflection On His Deliverance By Yahweh vv. 3-11**

A. The report: *The peril of certain death* (vv. 3, 8)

B. The plea: *His prayer for deliverance* (v. 4)

***“O LORD, I beseech Thee, save my life!”***

C. The rescue: *Yahweh's gracious deliverance* (vv. 5-11)

*God delivered King Hezekiah  
(2 Kings 20; Isaiah*

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**III. Vow To Offer A Sacrifice of Thanksgiving To Yahweh vv. 12-19**

In light of his great deliverance the psalmist asks, ***“How can I say thanks to the LORD for all His gracious benefits toward me?”*** (v. 12). The psalmist records eight “I will” statements that outline five pledges vowing to serve the LORD all the days of his life. **The five pledges are:**

1. *“I will call upon Him (the name of the LORD) as long as I live”* (vv. 2b, 13b, 17b)
2. *“I will walk before the LORD, in the land of the living”* (v. 9)
3. *“I will lift up the cup of salvation”* (v. 13a; cf. 1 Cor. 10:13)
4. *“I will pay my vows to the LORD, Oh may it be in the presence of all His people”* (vv. 14, 18)
5. *“I will offer to Thee a sacrifice of thanksgiving”* (v. 17a)

Application:

*Offering thanksgiving to God is healthy. **Thanksgiving liberates the soul from ingratitude** by allowing a person to thank God for what He has done, and to share with fellow human beings.*