

“GOD’S KEEPING POWER”

Psalm 116:1-19

(How God Preserves Us In The Midst Of The Journey)

— INTRODUCTION —

Psalm 116 is a song of gratitude and praise. (When Israel was delivered from bondage, or...) It was born out of the psalmist’s heart during a specific ordeal in his life.

He Remembers “Thou hast loosed my bonds” (v. 16)

He Rejoices “I will offer to thee the sacrifice of thanksgiving” (v. 17)

Fact: The psalmist is ecstatic as he holds the cup and pours it out in the drink offering. (v. 13)

Fact: He magnifies God because he was saved, preserved and kept by the Lord in an intense affliction.

Fact: He reveals to us 4 seasons when we can be sure that God will preserve us.

I. We Are Kept From The Bonds Of *SHRINKING*

“The Lord preserveth the simple; I was brought low and He helped me.” (v. 6)

Question: Why is the psalmist so grateful?

Answer: Because he was “kept” during a time he should have been blown away by the wind. (v. 3)

- “The sorrows of death compassed me” (**fearfulness**)
- “The pains of hell found me” (**tormented**)
- “I found trouble” (**on the outside**)
- “I found sorrow” (**on the inside**)

Question: What did the psalmist discover when bombarded? “The Lord preserves the simple” (v. 6)

Fact: The word “simple” doesn’t mean simpleton or stupid.

Fact: It refers to the believer who has a simple trust in God.

Fact: It means to lean upon the Lord, trust upon Jehovah, and depend upon God’s care.

The word “low” in verse 6 means: **We are not exempt**

1. To hang down.
2. To bend over.
3. To become faint.
4. To be drawn dry.

What Is God Saying Here In Psalm 116?

- That when you are exhausted, the Lord will **renew** you.
- That when you are spiritually shrinking, the Lord will **revive** you.
- That when you have a low water supply, the Lord will **refresh** you.
- That when you are bent low from something, the Lord will **raise** you.

II. We Are Kept From The Bonds Of *SIN*

“Thou hast delivered my soul from death” (v. 8) means:

- That your soul has been spared from death. (Oh yes, the body dies – but your soul – the real you – has been spared the 2nd death.)
- It means that you have been delivered from the bonds of sin’s penalty (separation from God).
- It means that “in the cup of salvation” (v. 13) we’ve been redeemed from the curse of eternal damnation.
- It means that what Jesus said is really true: “Whosoever liveth and believeth in me shall never die.” (John 11:26)

“Precious in the sight of the Lord is the death of his saints.” (How can verse 15 be true?)

- Because death for the Christian is graduation — not defeat at all.
- Because death has been swallowed up in the resurrection.
- Because death’s fear was removed when Jesus took the cup.

III. We Are Kept From The Bonds Of *SORROW*

“For thou hast delivered my soul from death and mine eyes from tears” (v. 8)

Question: Do we have sorrow on earth? (Yes)

Question: Do we cry tears along the road of life? (Yes)

Question: Do we feel pain, grief and loss? (Yes)

Question: Do we experience disappointments and heartbreak? (Yes)

But verse 8 is a glorious truth. Thou hast delivered “mine eyes from tears” which means:

- There is a **healing balm** where the heart is healed.
- There is a supernatural **grace** poured in when needed.
- There is a spiritual **mending** when tearing takes place.

In other words ...

Instead of the psalmist becoming a victim to his circumstances ...

- His heart was kept from bitterness.
- His spirit was kept from poison.
- His attitude was kept from skepticism.
- His outlook was kept from pessimism.
- His soul was kept from self destruction.

Fact: Because Jesus carried our sorrows, He now has the power to deliver you from tears.

Psalm 147:3 “He healeth the broken in heart, and bindeth up their wounds.”

Isaiah 53:3 Jesus is “a man of sorrows and acquainted with grief”

Hebrews 4:16 “Come boldly” and you’ll “find grace to help in time of need.”

What A Discovery Here !

- That God's grace is sufficient to our surroundings.
- That God's grace is equal to what causes tears.
- That God's grace is so real that sorrow, discouragement and a "poor me" spirit doesn't have to dominate or imprison anyone.

IV. We Are Kept From The Bonds Of SATAN

"Thou hast delivered my soul from death, mine eyes from tears, and my feet from falling." (v. 8)

"Feet from falling" means:

- There is preservation in the face of temptation.
- God's power is able to keep us from falling.
- God's grace is greater than sin and Satan.
- God has made it possible to crucify, mortify and know what it means to be dead to sin.

Kept my "feet from falling" means:

- **Backsliding is not the norm !**
- **Backsliding is not God's will !**
- **There is power over sin and Satan in the cup of Jesus ! (v. 13)**

"Now Unto Him That Is Able To Keep You From Falling ..." (Jude 24)

AMEN !

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