

MY PSALM 116



The Bible is God’s word. It is his message to us and to all people.

Psalm 116 is a song (but over time the original music was lost). The words continue to be very meaningful for us. The writer of the psalm had been going through a very difficult time—but then God rescued them!

Option 1—very young: Read verses 1 to 6 in your own Bible or in a children’s Bible. Questions to discuss: “What are hard things about life right now?” “How does God help us through hard times?”

Option 2—any age [depends on the child(ren)]: Personalize it. Fill in the blanks below in a way that makes sense to your situation. Adults may need to provide some examples of what they might write to give the youth some ideas. Discuss how God helps us even when things are hard.

Option 2—geared toward older youth: Get your Bible and read Psalm 116 together. Start by discussing anything that doesn’t make sense. This is for clarity. Follow-up discussion questions could include, “What do you think the original author was experiencing that made him write this?” “What did the psalm-writer do to show his thankfulness for God’s help?” “How does God help us today even when things are challenging?”

Psalm 116 (NLT)

¹ I love the LORD because he hears my voice
and my prayer for _____.

² Because he bends down to listen,
I will pray as long as I have breath!

³ Death wrapped its ropes around me;
the terrors of the grave overtook me.
I saw only trouble and _____.

⁴ Then I called on the name of the LORD:
“Please, LORD, save me!”

⁵ How kind the LORD is! How good he is!
So _____, this God of ours!

⁶ The LORD protects those of childlike faith;
I was facing death, and he saved me.

⁷ Let my soul be at rest again,
for the LORD has been good to me.

⁸ He has saved me from _____,
my eyes from tears,
my feet from stumbling.

⁹ And so I walk in the LORD's presence
as I live here on earth!

¹⁰ I believed in you, so I said,
"I am deeply troubled, LORD."

¹¹ In my _____ I cried out to you,
"These people are all liars!"

¹² What can I offer the LORD
for all he has done for me?

¹³ I will _____
and praise the LORD's name for saving me.

¹⁴ I will keep my promises to the LORD
in the presence of all his people.

¹⁵ The LORD cares deeply
when his loved ones die.

¹⁶ O LORD, I am your servant;
yes, I am your servant, born into your household;
you have freed me from _____.

¹⁷ I will offer you a sacrifice of thanksgiving
and call on the name of the LORD.

¹⁸ I will fulfill my vows to the LORD
in the presence of all his people—

¹⁹ in the house of the LORD
in _____.

Praise the LORD!