
PSALM 116 – Lesson 1

If you ever felt like being a Christian meant putting on a happy face and faking it when doubts clouded your thoughts, the Psalms will give you hope. Far from presenting an unrealistic, simplistic view of faith, they show God's faithful people struggling with what it means to love God in the face of fear, discouragement and pain. *Read Psalm 116.*

PERSONAL REFLECTION:

- *What aspects of worship most help you to focus on God?*
- *Think about someone you love deeply. What characteristics of that person do you particularly enjoy?*

GROUP DISCUSSION:

- 1) Why does the psalmist love God (vv.1-2, 5-8)?
- 2) Think back to when you first loved God. What drew you to him?
- 3) How does the psalmist respond to God's love (vv. 2, 5, 7, 9, 12-14, 16-19)?
- 4) In what ways can prayer and worship be a barometer for our relationship with God (vv. 1-4, 10-11)?
- 5) Looking through the passage, what different kinds of prayer do you see the psalmist using? Which of these practices might be helpful to you in your own prayer life?

6) Recent research has demonstrated that regular worship attendance is “good for your health.” True health is more than the absence of disease. It involves being able to function well in community—physically, emotionally, socially and spiritually. What evidence for this does the psalmist describe (vv. 7-10)?

7) How does love for God find expression in worship (vv. 2, 9, 12-14, 17-19)?

8) How is your worship an expression of your love for God?

9) What things would you like to change about your worship?

10) *Read Deuteronomy 6:4-9.* What does it mean to love God with all your heart, soul and strength?

11) According to verses 7-9, how do we develop that love for God?

12) Why are such constant reminders necessary?

13) What are some practical ways you could follow these instructions at home and within your community?