

3. How Ps 116 and Ps 128 point us to Jesus

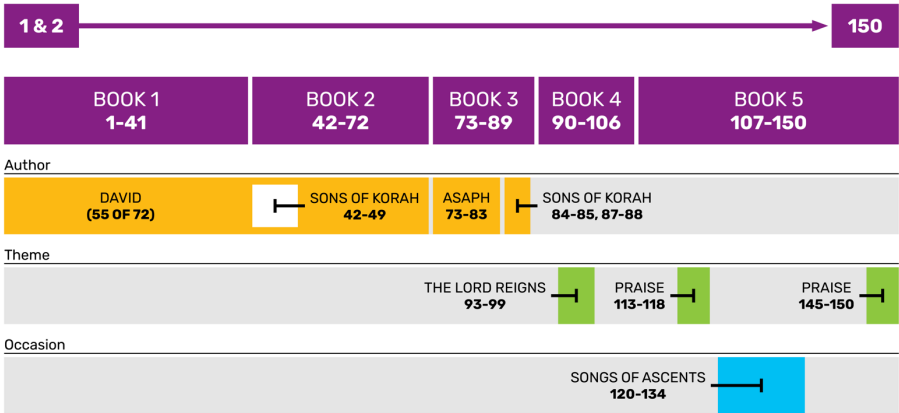
Eph 1:3 Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ.

For reflection/discussion: what are those spiritual blessings in Christ?

Col 2:6 So then, just as you received Christ Jesus as Lord, continue to live your lives in him, 7 rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.



THE SONGBOOK OF PSALMS



"A song for every situation"
4. In the good times



Enter the favourite Psalm competition at <https://www.trinitycity.church/resources/psalms-series>

"A song for every situation"	Psalm	Geoff's Top Tips for reading Psalms for all they're worth
1. Any time	Ps 1, Ps 150	Contextually
2. Under attack	Ps 2, Ps 3	Messianically
3. After I've sinned	Ps 51	Theologically
4. In the good times	Ps 116, Ps 128	P _____
5. When I'm alone and afraid	Ps 88, Ps 136	C _____
6. In transit	Ps 73, Ps 27	O _____

Psalm 116	
1 I love the LORD, for he heard my voice; he heard my cry for mercy. 2 Because he turned his ear to me, I will call on him as long as I live. 3 The cords of death entangled me, the anguish of the grave came over me; I was overcome by distress and sorrow. 4 Then I called on the name of the LORD: “LORD, save me!” 5 The LORD is gracious and righteous; our God is full of compassion. 6 The LORD protects the unwary; when I was brought low, he saved me. 7 Return to your rest, my soul, for the LORD has been good to you. 8 For you, LORD, have delivered me from death, my eyes from tears, my feet from stumbling, 9 that I may walk before the LORD in the land of the living. 10 I trusted in the LORD when I said, “I am greatly afflicted”; 11 in my alarm I said, “Everyone is a liar.”	<i>12 What shall I return to the LORD for all his goodness to me?</i> 13 I will lift up the cup of salvation and call on the name of the LORD. 14 I will fulfill my vows to the LORD in the presence of all his people. 15 Precious in the sight of the LORD is the death of his faithful servants. 16 Truly I am your servant, LORD; I serve you just as my mother did; you have freed me from my chains. 17 I will sacrifice a thank offering to you 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 courts of the house of the LORD - in your midst, Jerusalem. Praise the LORD.

1. What God has done and what God is like (Ps 116:1-11)

- what God has done

- what God is like

2. Responding to what God is like (Ps 116:12-19)

- i. The Psalms use repetition to teach big ideas
- ii. The Psalms are "songs that are meant to be sung"
 - a. singing is evocative
 - b. singing is memorable
- iii. The Psalms are meant to be sung together

Q. What if I don't feel like singing this song today?

Psalm 128
<i>A song of ascents.</i>
1 Blessed are all who fear the LORD, who walk in obedience to him.
2 You will eat the fruit of your labor; blessings and prosperity will be yours.
3 Your wife will be like a fruitful vine within your house; your children will be like olive shoots around your table.
4 Yes, this will be the blessing for the man who fears the LORD.
5 May the LORD bless you from Zion; may you see the prosperity of Jerusalem all the days of your life.
6 May you live to see your children's children— peace be on Israel.