



### From Lament to Hope -

Through Lent, we acknowledge that Jesus has known pain, despair, grief & death - and know that he is still standing with us in our lives, in our journey to & beyond the cross.

Take some time each week to meditate on the Psalm, allowing God to speak through specific words or phrases as you read and reread the words of the Psalmists, and allow their lament & hope speak God's words of life to you.

### Psalm 116:1-7 (NRSV)

#### **Psalm 116:1-7**

*Thanksgiving for Recovery from Illness*

1 I love the LORD, because he has heard  
my voice and my supplications.

2 Because he inclined his ear to me,  
therefore I will call on him as long as I live.

3 The snares of death encompassed me;  
the pangs of Sheol laid hold on me;  
I suffered distress and anguish.

4 Then I called on the name of the LORD:  
"O LORD, I pray, save my life!"

5 Gracious is the LORD, and righteous;  
our God is merciful.

6 The LORD protects the simple;  
when I was brought low, he saved me.

7 Return, O my soul, to your rest,  
for the LORD has dealt bountifully with you.



■ **What words or phrases stand out to you as you read Psalm 116:1-7?**

**Read it again, maybe aloud.**

■ **What have you learned about Who God Is in the words of the Psalm?**

■ **What is God speaking to you about today?**



**Please take some time with this Psalm & respond in prayer in the space provided below.**

