



Opening Questions

1. **How are you feeling about all this COVID-19 stuff?** *It is OK to be honest with God, with each other and ourselves. Sometimes we don't allow ourselves to be honest. We don't want to bother God, or we try and impress others, or we stuff down our emotions.*
2. **What is your favorite song?** *Back when the Bible was written, they didn't have cell phones, Spotify, or YouTube Music. What they did have was the Book of Psalms. Each psalm is a song/poem. Many people would memorize large portions of the Bible and recite them when they were going through hard times. One example of this is when Jesus was hanging on the cross, he recited parts of Psalm 22. Today, the message is on **Psalm 116**. It is a psalm of thanksgiving.*

Bible Questions

1. **Is the author of this poem being honest or are they holding back?** Generally speaking, the authors of the Bible were brutally honest. In this poem, he talks about feeling that he is going to die (3), being in distress and sorrow (3), and about crying (8), just to name a few.
2. **What does "rest" mean in verse 7?** In the Bible, the word rest can have a lot of meaning. It is not just relaxation, but has a deeper idea of trust built in. Noah's name means rest. A good picture for rest is imagining Noah in the arc, resting in God's protection from the storm outside.
3. **In verse 11, it says "Everyone is a liar." Is that 100% literal? Should we not trust anyone?** When reading the psalms, it is important to know that it is poetry. The point of this line that in comparison to God, everyone falls short, not that we shouldn't trust anyone.
4. **What in the world does "Precious in the sight of the Lord is the death of his faithful servants." mean?** This is a translation issue. In the original language, the meaning is that God values all humans, and especially when God's followers are killed. When death occurs, it breaks God's heart. Another translation says this: The Lord values the lives of his faithful followers."

Application Questions

1. Do you have a **relationship** with God? Are you sure that **Heaven** is real?
2. Do you need to be more **honest**? With God? With others? With yourself?
3. Are you able to be thankful to God **in** all circumstances? (not **for** all circumstances)?
4. What are some **practical ways** that you can help others during this COVID-19 season?