SCC Small Group Discussion
In Rhythm: Lessons from Psalms
Psalm 116 – The Gift of Grief

Derived from a sermon on November 22, 2026 by Pastor Rick Dietzman

Getting Started:

How do you typically deal with grief?

How do you know when your grief is no longer healthy or appropriate? What are some symptoms of unhealthy grief? (Answers may include isolation, living in the past, loss of purpose, focusing only on the loss, etc.)

Searching the Scriptures:

Read Psalm 116

1. Why is prayer such an important part of the grieving process in verses 1-4?

2. What kinds of feelings and thoughts does a person have when physically or emotionally exhausted?

3. According to verses 5-8 why was the writer able to rest in God? How does "resting in God" express thanks to him?

4. What does it mean to walk before the Lord (verse 9)?

5. What does verse 11 tell us about the psalmist's trust in God and trust in others? How might we feel the same way as we experience grief?

6. What indication do we have from verses 12-18 that the psalmist really sensed God's embrace in the midst of grief?

7. Why is worship important even while we are experiencing grief?

Applying the Scriptures:

In what ways have you failed to recognize God's embrace during your grief? How might his Word continue to remind you of his presence?

Based on our study, how might we be able to better pray for and encourage those in our lives who are currently dealing with grief?

The Gift of Grief sermon Psalm 116 - Outline

STOP and REFLECT

What am I angry about? (betrayal, hurtful comment, unanswered prayer)

What am I sad about? (small or big loss, disappointment, a poor choice)

What am I anxious about? (finances, future, family, health)

What am I glad about? (family, opportunity, something good that came from crisis)

PSALM 116 PROGESSION

CALL - "call on him" v. 2

I will call on him as long as I live. The cords of death entangled me, the anguish of the grave came over me; I was overcome by distress and sorrow. Then I called on the name of the Lord: "Lord, save me!" v 2-4

The Apostle Paul
We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.
2 Corinthians 4:8-9

Jesus took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me." Matthew 26:37-38

I love the Lord, for he heard my voice; he heard my cry for mercy. Because he turned his ear to me, I will call on him as long as I live.
Psalm 116:1-2

REST - "rest my soul" v. 7

<u>Rest in the character of God</u>: The Lord is gracious and righteous; our God is full of compassion. v.5

Rest in his protection: The Lord protects the unwary (simple);
when I was brought low, he saved me. v.6
Rest in his goodness: Return to your rest, my soul,
for the Lord has been good to you. v. 7
For you, Lord, have delivered me (my soul) from death, my eyes from tears, my feet from stumbling, v.8

WALK - "walk before the Lord' v. 9

That I may… walk before the Lord in the land of the living.

I believed, even when I spoke: "I am greatly afflicted"; v. 10 ESV

Since we have the same spirit of faith according to what has been written, "I believed, and so I spoke," we also believe, and so we also speak, knowing that he who raised the Lord Jesus will raise us also with Jesus and bring us with you into his presence. 2 Corinthians 4:13-14 ESV

During the days of Jesus' life on earth, he offered up prayers and petitions with fervent cries and tears to the one who could save him from death, and he was heard because of his reverent submission. 8 Son though he was, he learned obedience from what he suffered. Hebrews 5:7-8

Jesus went away three times and prayed: "My Father, if it is not possible for **this cup** to be taken away unless I drink it, may your will be done."
Matthew 26:42

What shall I return to the Lord for all his goodness to me? I will lift up **the cup of salvation** and call on the name of the Lord. I will fulfill my vows to the Lord in the presence of all his people. Psalm 116:12-14

PRAISE - "Praise the Lord' v. 19

For we who are alive are always being given over to death for Jesus' sake, so that his life may also be revealed in our mortal body... For it is all for your sake, so that as grace extends to more and more people it may increase thanksgiving, to the glory of God. Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. 2 Corinthians 4:11,15-17