SUMMARY | Troubles, trials, dangers, distress—all seem to be inherent to the human condition. The problem is that, for all our cleverness and ingenuity, we seem to be more skilled at making the situations of life worse than we are at making them better. So, how can we find escape when we are in those trying situations? The psalmist’s answer is clear: by looking to the God of rescue who alone can deliver us from the storms that swirl around us.

This Week’s Discussion Questions

1. Read Psalm 107. Where do you experience the pressure points the psalmist was referring to? To which do you most relate?

2. In Psalm 107:3, 6, we read that “those he gathered from the lands” (the exiles in Babylon) called upon the Lord and He rescued them. When have you experienced God’s rescue in response to your own prayers?

3. In verses 10–12, we find that the troubles Israel was experiencing were a direct result of their disobedience. How can the consequences of our wrong choices eventually be a good thing?

4. In Psalm 107:25, we see sailors embroiled in storms at sea. While a similar thing was experienced quite literally in the New Testament by both the disciples (Mark 4:35–39) and the apostle Paul (Acts 27), what figurative turbulence have you experienced?
Challenge

In Psalm 107:4–42, the psalmist presents an encyclopedia of reasons for giving thanks to God. While all are taken directly from the life of the people of Israel, how are they things we can identify with at one level or another?

Commit To Memory

“Give thanks to the LORD, for he is good! His faithful love endures forever”

Psalm 107:1

Prayer

My Lord and God, I thank You for Your faithful love and for Your rescue—most especially, the rescue purchased on my behalf by Jesus on the cross. Help me to trust You in the storms and trials of life; and, when those trials are the consequences of my own wrongdoing, give me a heart of repentance that You can restore me to rightness with You.

Amen.
Notes