

Heart to Heart with the Living God

Psalm 107

"Give thanks to the LORD, for he is good; his love endures forever." Psalm 107:1 (NIV)

While some attribute this psalm to David, others believe it was written following Israel's return from exile in Babylon. It is unclear whether the four vignettes record actual events or are pictures illustrating Israel's distress. Either way, this psalm, which is noted for its poetic beauty, has proven both instructive and encouraging to saints throughout the ages.

Day 1: Read Psalm 107.

1. Re-read these sections looking for the following:

| Verses | Distressing situation | Israel's Action | God's Intervention | Appropriate response |
|--------|-----------------------|-----------------|--------------------|----------------------|
| 4-9 | | | | |
| 10-16 | | | | |
| 17-22 | | | | |
| 23-32 | | | | |

2. As you look over the chart, how would you describe humans?

As you look over the chart, how would you describe God?

Day 2: Read Psalm 107 ALOUD.

3. What exhortation do you hear repeated throughout the psalm? (vv. 1, 8, 15, 21, 31)

4. What point do you think the Psalmist is making by repeating this phrase?
5. If we are not thankful, what are some of the alternatives?
6. What instruction does the Apostle Paul give us regarding thanksgiving in these passages? (Eph. 5:19-20; 1 Thes. 5:18)

How does this prove challenging?

7. What are some practical things you can do that would help you become a more thankful person?

Day 3: Read Psalm 107.

8. How does the Psalmist here describe the Lord's love? (Look for specific words and ways he demonstrates his love.)
9. What do these passages that resound with (or echo) the language of Psalm 107, tell us about Jesus? (Lk. 4:16-21; 5:31-32; 8:22-25; 9:10-17)

Day 4: Read Psalm 107 especially focusing on vv. 33-43.

The final section of the psalm breaks from the pattern of the previous verses in order to focus on God's supreme power.

10. Over what things does God have control? (vv. 33-41)
11. What is the Psalmist's purpose in cataloguing these examples of God's power? (vv. 42-43)

Day 5: Read Psalm 107.

Verse 43 encourages the wise to "heed these things and consider the great love of the LORD".

12. Write your own psalm using the following statements as a guide.
 - a. Describe a distressing situation you've experienced.
 - b. Tell how Jesus has delivered you.
 - c. Give thanks to Jesus.