

FOOD FOR THOUGHT *(continued)*

TAKING IT HOME

1. The Psalms are filled with the raw emotions of the writers. Sometimes they express agony and despair and other times they express joy and gratitude. Read the following Psalms this week and write down any encouragement you find in them.

SCRIPTURE:	APPLICATION:
Psalm 16:1-11	
Psalm 23:1-6	
Psalm 27:1-14	
Psalm 91:1-16	
Psalm 121:1-8	

2. As you reflect on the talk from Sunday, what did you personally need to hear the most? What might God be asking you to do with this message?

MESSAGE NOTES

VOICES // Week 1

Give thanks to the Lord, for he is good! His faithful love endures forever. Has the Lord redeemed you? Then speak out! Tell others he has redeemed you from your enemies. For he has gathered the exiles from many lands, from east and west, from north and south.

Psalm 107:1-3

4 Groups the Psalm addresses:

1. The aimless wanderers.

Some wandered in the wilderness, lost and homeless. Hungry and thirsty, they nearly died. "Lord, help!" they cried in their trouble, and he rescued them from their distress. He led them straight to safety, to a city where they could live. Let them [the wanderers] praise the Lord for his great love and for the wonderful things he has done for them. For he satisfies the thirsty and fills the hungry with good things. **Psalm 107:4-9**

- God is _____ and _____.

2. The hopeless prisoners.

Some sat in darkness and deepest gloom, imprisoned in iron chains of misery. They rebelled against the words of God, scorning the counsel of the Most High. That is why he broke them with hard labor; they fell, and no one was there to help them. "Lord, help!" they cried in their trouble, and he saved them from their distress. He led them from the darkness and deepest gloom; he snapped their chains. Let them [the shadow dwellers] praise the Lord for his great love and for the wonderful things he has done for them. For he broke down their prison gates of bronze; he cut apart their bars of iron. **Psalm 107:10-15**

- God is _____ and _____.

3. The sorry fools.

Some were fools; they rebelled and suffered for their sins. They couldn't stand the thought of food, and they were knocking on death's door. "Lord, help!" they cried in their trouble, and he saved them from their distress. He sent out his word and healed them, snatching them from the door of death. Let them [the fools] praise the Lord for his great love and for the wonderful things he has done for them. Let them offer sacrifices of thanksgiving and sing joyfully about his glorious acts. **Psalm 107:17-22**

- God is _____ and _____.

MESSAGE NOTES *(continued)*

4. The overwhelmed.

*Some went off to sea in ships, plying the trade routes of the world. They, too, observed the Lord's power in action, his impressive works on the deepest seas. He spoke, and the winds rose, stirring up the waves. Their ships were tossed to the heavens and plunged again to the depths; the sailors cringed in terror. They reeled and staggered like drunkards and were at their wits' end. "Lord, help!" they cried in their trouble, and he saved them from their distress. He calmed the storm to a whisper and stilled the waves. What a blessing was that stillness as he brought them safely into harbor! Let them [the overwhelmed] praise the Lord for his great love and for the wonderful things he has done for them. Let them exalt him publicly before the congregation and before the leaders of the nation. **Psalm 107:23-32***

- God is _____ and _____.

MEMORY VERSE:

*Those who are wise will take all this to heart; they will see in our history the faithful love of the Lord. **Psalm 107:43***

How do we take this to heart?

1. Attentively _____ these ideas.

2. Draw understanding and _____ from it.

3. _____ in our lives.

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“Be doers of the word and not hearers only...” *James 1:22*



FOOD FOR THOUGHT

Most of our Groups are currently on break for the summer. If your Group is still meeting, you can use these questions to facilitate discussion with your Group. Or feel free to use them for your own personal study this week!

1. As you reflect on the talk from this weekend, was there one thing that particularly caught your attention, challenged you, or encouraged you?

2. Was there a season in your life where you felt like one of the groups of people described in Psalm 107? Which one and how did God bring you out of it?

Aimless Wanderer

Hopeless Prisoner

Sorry Fool

Overwhelmed

There was one section of this Psalm we didn't read on Sunday. Read **Psalm 107:33-43**.

- What stands out to you personally about these verses? Any observations?

- What do these verses reveal about God?

- Is there a command to obey, an example to follow, or a specific application?