

Psalm 107

God Speaks about Deliverance from Trouble

Often, we hear people say, “God helps those who help themselves.” There is no such statement in the Bible, but the Bible has much to say about those who cried to the Lord and *He helped them*. We find this in Psalm 107.

Part A. Giving Thanks Read vv. 1-3.

1. In verse 2, the psalmist calls God’s people “the redeemed of the Lord.”

And they shall be called The Holy People, the Redeemed of the Lord. Isaiah 62:12.

From what did He redeem them?

2. What are the redeemed of the Lord supposed to say?

Part B. Deliverance of Lost Travelers Read vv. 4-9.

3. What were the troubles these peoples experienced? Who might they have been?
4. What did they do in their distress?
5. What did God do?
6. What does the psalmist want them to do?
7. Although traveling in the desert may not be a common experience to many of us, we all may encounter problems or hazards in travel.

Try to find a modern counterpart for this problem. How might help come?

Part C. Deliverance from Imprisonment Read vv. 10-16

8. We may not know what it is to live behind prison walls, but each of us has most likely experienced feelings of imprisonment from time to time, whether it was the result of “stay at home” orders due to the pandemic or limitations imposed on us by a dominating habit (which may be as serious as drug dependence or as seemingly innocent as not sleeping enough).

If you feel comfortable, could you share a feeling of imprisonment that you may have experienced and how the deliverance occurred.

9. What were the troubles experienced by the prisoners in these verses? Who might these prisoners have been?

What did the prisoners do?

What did God do?

What does the psalmist say they should do?

Part D: Deliverance from Sickness Read vv. 17-22.

10. What were the troubles of these people?

What did they do?

What did God do?

What does the psalmist say they should do?

11. Obviously, this situation is relevant today. (As I was typing these pages, the covid-19 death toll in the U.S. passed 300 thousand.) We might be close to deliverance. How will that happen?

Part E: Deliverance from Storms Read vv. 23-32.

12. The troubles here were the result of a storm.

What did the seafarers do?

What did God do?

What are the psalmist's admonitions?

13. Here we might compare the storm at sea with a "storm of life". It's very possible that many of us are experiencing storms that haven't yet subsided.

In the Lord's Prayer we pray, "Deliver us from evil."

Does God answer this prayer by keeping us from all evil? Or by helping us in our troubles?

Part F: Meditation on God's Providence Read vv. 33-43.

14. There are two verses that are repeated several times in this psalm. Can you find them?

15. **Read Psalm 116:17**

I will offer to you the sacrifice of thanksgiving and call on the name of the Lord.
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As you reflect on this psalm, think about why it is good to give thanks.

For what blessings can you thank God?