


A photograph of a family playing in a grassy field. A man in a dark shirt is on the left, a woman in a red dress is in the foreground, and a child is in the background. They are all splashing water, creating a misty spray in the air. The scene is bright and sunny.

SUMMER PSALMS

PSALM 107

Major Matt Reeve

- What part of Matt's message stood out to you the most?
- Matt looks at four different sections of the psalm, focusing on different groups of people. The first group of people, in Verses 4-9, were lost, hungry and thirsty - needs that are essential to human survival.
- Have you ever had to depend on God because your needs weren't being met? What was it like?
- The people "cried out to the Lord in their trouble, and he delivered them from their distress" (Verse 6). Matt shows us that in their moment of need, God led these people to a place where they could survive.
- Can you share a time when you cried out to God and he answered your prayer?
- The second group of people, in Verses 10-16, were trapped in darkness. They couldn't see clearly because of the choices they made - turning away from God and living for themselves.
- Have you ever felt trapped or unable to see clearly because of choices you made, or because you felt far from God? What was that like?
- Matt says God didn't wag his finger at these people. When they cried out to God, he saved them from the trouble they'd brought on themselves.
- What do you think this shows us about God's heart for us when we mess up or walk away from him?

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- The third group of people, in Verses 17-22, went even further away from God – suffering because of their sin until they were close to death. Yet when they finally cried out, God rescued and healed them.
 - Matt asks us what we would do in that moment, the moment God rescues and heals us, after we have been so far away from him. What is your response when you experience moments of rescue and healing in your life?
 - The fourth group of people, in Verses 23-32, were at sea when a huge storm hit. Matt says we all face our own ‘storms’ (e.g. financial stress, job insecurity and family concerns).
 - Can you share about a time when you were in a ‘rocky boat’? How did you get through the storm?
 - Matt recalls the story of Jesus walking on water during a storm. The disciples are anxious, but calms the storm.
 - What does it look like for you to cry out to Jesus? How can we trust him fully in the storms of life?
 - Matt says the psalm leads to one conclusion: the Lord deserves our praise – he is faithful to those who call out to him.
 - What are some practical ways we can thank God for his love and kindness in our everyday life?
 - In what ways does this psalm inspire or encourage you?

Spend time praying for each other – giving thanks for God’s love and kindness to us, and asking for his help in the ‘storms’ or struggles we’re facing.

