

# Psalm 107: 1-43



## Ice Breaker

Can you think of a time when you have been at your 'wit's end'? Could you share it with the group?

## The Text

1. Read Psalm 107:1-43. What strikes you?
2. Compare the four stanzas (4-9, 10-16, 17-22, 23-32). What are the similarities? What are the differences?
3. Read the final verse, 43. What does the wise person heed?

## The Scriptures

4. Think back over OT events. What deliverance does the Psalmist have in mind?
5. Read Matthew 27:45-50. Discuss the links between Jesus cry on the cross and Psalm 107.
6. Read 1 John 5:5:13-15. What confidence do we have as followers of Jesus?

## Our lives

7. Share a time when you have cried out to God – perhaps at the beginning of your faith journey, or more recently during a time of struggle. Was there a sense that God heard you? In what ways did he provide deliverance?
8. Consider the calling to give thanks to God, and to praise him, particularly in the middle of a struggle. How can we help each other to do this?