

1. Psalms 107: Does God still love me after all I have done?

Psalms 107 was written approximately 3,000 years ago specifically to those who have rebelled against God. Three thousand years ago people rebelled against the loving God and ended up in painful and broken lives just like people today. Some people must experience the full outcome of rebelling against God before they finally turn to God who loves them always.



God has not changed over the centuries. He still loves us, hears our cries for help, and will rescue us from whatever predicament we are in. God loves us but He still respects our will, our choices towards Him, even if it is to rebel against Him. Hopefully the rebellious person will finally come to their senses and call out to God before it is too late. God always wants to help.

God is good and He loves us always. In Ps107 we see that God's love for us never stops even though we may have rejected or ignored God and made a total mess of our lives.

Read Psalm 107:1-3, '*Give thanks to the LORD, **for he is good! His faithful love endures forever.***
*² Has the LORD redeemed you? Then speak out! Tell others he has **redeemed you from your enemies.*** *³ For he has gathered the **exiles** from many lands, from east and west, from north and south.'*

Redeemed means to buy back in order to regain possession of something that once belonged to you. God's love for you motivates Him to buy you back from the enemy that has grabbed ahold of you. The price for God to redeem you was costly as it was His very own son who died on the cross to pay the price to redeem you back to himself.

An exile is someone who has been banished to faraway places with no chance of return because of something disagreeable they have done. Even though you are exiled, maybe far away from your loved ones, your home, your old normal life, God knows exactly where you are. He has not lost track of you. You may cry alone in despair, but God sees all your tears. As you read Psalm 107 further, we find that God is waiting for you to stop and give your life to Him, and he will redeem you and bring you back. That is truly good news.

SHARING:

1. Do you understand that you are loved by God no matter what you have done? _____
2. How has God shown you He loves you? __ When did you become aware of God's love for you in your life? _____
3. Do you ever feel 'exiled' to a life you do not want to live anymore? How so? _____

2. Psalms 107: I'm Gonna do it my way

Rebellion towards God leads to pain. When we rebel against God's way of doing things and ignore His ways and live our life our way we stumble in life. Rebellion towards God is putting yourself and your own interest first. You live a self-focused life that results in a selfish life. Your concern is only about 'me.' When the laws of the land restrict access to what you want you may feel justified in breaking those laws. When society's guidelines for relationships restrict what you want you feel justified in breaking the trust of those that love you. You can easily end up in trouble with the laws of the land and end up serving time, and/or have broken relationships with those that love you. Meanwhile you feel you have the right to do what you want, and you feel unfairly treated so you can become angry or bitter.

Read Psalm 107:11. ¹¹ 'Because they had **rebelled** against the words of God And **spurned** the counsel of the Most High. ¹² Therefore He **humbled** their heart with labor; They **stumbled** and there was **none** to help.'

Over time your life may have deteriorated significantly to the point you finally realize you have nothing left worth living for. You just exist day to day and have lost everything. The joy and peace in your life are gone except for a few moments of artificial numbness. The world pushes down on you and your heart is heavy and everything you do is difficult. You no longer walk-through life but often stumble, falling to the ground. You want someone to help but there is none, they left you long ago. There is no one trustworthy around you to consult and confide with as the people around you now don't care about you as a person but only as an object to abuse, step over or around, to take advantage of you.

This is when you can choose to stop fighting God. This is when hopefully God finally has your full attention. God has always loved you and was there watching you, standing just behind you, with tears in His eyes as your choices caused your life to spiral out of control.

If you cry out to Him and begin to trust and obey Him, He will walk side by side with you with His arm around you. He will gently lift you up to stand on your wobbly legs, to begin a slow walk back to where He and deep down you, have always wanted your life to be. It took time for you to get to your low spot in life, it can take time to walk one step at a time to get back to where you need to be, but He will be there all the way to help.

DIG INTO YOUR LIFE:

Have you rebelled against God? ____ What was the result? ____ Why does a loving God allow us to stumble leading to great pain and stress in our lives? ____ God knows some people can only learn the hard way. Are you that type of person? ____ Please share _____

3. Psalms 107: The pain in my life

The outcome of rebellion against God leads to despair, pain and often to death's door both 3,000 years ago and today. The outcomes have not changed over time. Pain can become unbearable, and a person may try to numb the pain through addictions, thrills, or even self-harm. The pain can be hidden behind a smiling face and angry outbursts, but it is always there.



God is waiting for the '**THEN**' moment when a person in pain hopefully cries out to God for His help. Notice in Psalms 107 that when called upon, God ALWAYS helps and God ALWAYS '**delivered them out of their distress.**' Think of your life situation and your 'THEN' moment when you cried out to God for help as you read through Psalms 107. If you never had a 'THEN' moment where you called out to God, then please share that in your small group.

Amazingly, Psalm 107 written 3,000 years ago reveals four life outcomes due to rebellion that is still true today.

1. These rebellious people had no home.

Psalm 107:4 *'They **wandered in the wilderness** in a desert region; They **did not find a way** to an inhabited city. 5 They were hungry and thirsty; Their soul **fainted within** them. 6 **Then** they cried out to the Lord in their trouble; **He delivered them out of their distresses.**'*

They had no life direction nor basic life necessities and could not find a sustainable home. They had no meaning in life, were directionless. They may have broken families, isolated, intense loneliness, and possibly homeless. Their inner being fainted and gave up on life which could also indicate deep depression and hopelessness.



2. These rebellious people ended up in prison.

Psalm 107:10 *'There were those who dwelt in darkness and in the shadow of death, **Prisoners in misery and chains,** ¹¹ Because they had rebelled against the words of God And spurned the counsel of the Most High. ¹² Therefore He humbled their heart with labor; They stumbled and there was none to help. ¹³ **Then** they cried out to the Lord in their trouble; **He saved them out of their distresses.**'*

These people disobeyed God and the laws of the land and ended up in prison. Prison is a terrible place now and 3,000 years ago. They had no hope, and their hearts were broken. Prisoners in misery and darkness could also describe people who are not incarcerated but stumble through life bound by bars of intense internal anxieties, fears, depression robbing joy from their lives.



3. These rebellious people did senseless things to themselves.

Psalm 107: ¹⁷ 'Fools, because of their rebellious way, and because of their iniquities, **were afflicted**. ¹⁸ Their soul **abhorred all kinds of food**, and they drew near to the gates of death. ¹⁹ **Then** they cried out to the Lord in their trouble; **He saved them out of their distresses.**'

They were afflicted (sick) and no longer desired food and life nourishment the body needs and withered away to death's door. This possibly describes people with addictions or living with no hope and giving up on life. They have lost their appetite for self-care and lost their appetite to live. They may even harm themselves physically and/or emotionally and may be suicidal.



4. These rebellious people unexpectedly were going to lose everything.

Psalm 107: ²³ Those who go down to the sea in ships ... He spoke and **raised up a stormy wind**, which **lifted up the waves** of the sea. ...**Their soul melted away in their misery.** ²⁷ They reeled and staggered like a drunken man and were at their wits' end. ²⁸ **Then** they cried to the Lord in their trouble, **And He brought them out of their distresses.**

These sailors had a good job and were likely well off. But a sudden calamity struck beyond their control, and they feared losing their ship (their livelihood) and their lives. This possibly describes people who experience a sudden disastrous calamity. They are suddenly laid off, their house foreclosed, bankruptcy, eviction, a terrible family illness, etc. Life suddenly slammed down hard, and they are at their wits end trying to figure a way out but there is none. They are in deep despair/depression with no hope as they have lost everything they valued and relied upon.



DISCUSSION:

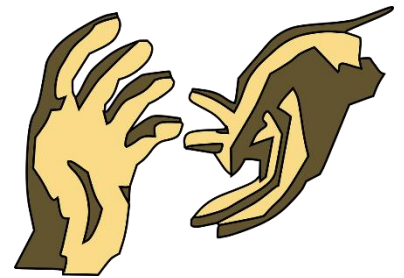
1. What life scenario(s) have you experienced due to rebellion? ___ How were you or other loved ones affected? _____
2. Do you know people in these life scenarios who did not cry out for help? ___ What happened to them? _____
3. When you called on God, did he rescue you immediately or over time? ___ Why did He do that? _

4. Psalms 107: Gotta tell somebody what Jesus did for me

After these distressed people had exhausted all hope, they finally cried out to the Lord in their trouble and notice how God reacted the same in each scenario: **'He delivered them out of their distresses.'**

God waited to help until the person: 1) recognized they had no other options, 2) were finally committed to no longer rebel against God, 3) recognized they were so lost and in trouble that only God could help them, 4) humbled themselves and 5) acted and cried out to God in their trouble.

Notice God's request to each of them after He helped them, **'Give thanks to the Lord for His lovingkindness, and for his wonders to people.'** Three thousand years ago and today He wants us to tell our friends, our families, our children, our co-workers, our co-inmates, to tell everyone that will listen what God has done in our lives. He wants to use you to tell others about His great lovingkindness towards us and His power to deliver/save us. God didn't ask them to share theology lessons, but to speak up and simply share a personal testimony of what God did in their life. This is something we all can and should do so others will also know of the great love and saving power of our Lord Jesus.



1. God delivered the person lost in the wilderness with no home who cried out to God



v6 ... **'He delivered them** out of their distresses. 7 He led them also by a straight way, to go to an inhabited city. 9 For He has satisfied the thirsty soul, And the hungry soul He has filled with what is good. 8 **Let them give thanks** to the Lord for His lovingkindness, And for His wonders to the sons of men!'

2. God delivered the inmates in prisons or others in bondage to anxiety/depression



¹³ ... **'He saved them** out of their distresses. ¹⁴ He brought them out of darkness and the shadow of death and broke their bands apart. ¹⁶ For He has shattered gates of bronze and cut bars of iron asunder. ¹⁵ **Let them give thanks** to the Lord for His lovingkindness, And for His wonders to the sons of men!'

3. God delivered the people who did senseless things to themselves.



¹⁹ ... **'He saved them** out of their distresses. ²⁰ He sent His word and healed them and **delivered them from their destructions.** ²¹ **Let them give thanks** to the Lord for His lovingkindness, And for His wonders to the sons of men! ²² Let them also offer sacrifices of thanksgiving and tell of His works with joyful singing.'

4. God delivered the people who were caught up in the storms of life



²⁸ ... **'He brought them out of their distresses.** ²⁹ **He caused the storm to be still,** so that the waves of the sea were hushed. ³⁰ ... He guided them to their desired haven. ³¹ **Let them give thanks** to the Lord for His lovingkindness, And for His wonders to the sons of men! ³² Let them extol Him also in the congregation of the people and praise Him at the seat of the elders.'

DISCUSSION:

1. How did God save you out of your distress(es)? _____
2. What change has God had on your life and your family/friends' lives? _____
3. Do you believe you would have come to know God if you had not fallen into distress(es)? _____
4. How do you give thanks to the Lord? _____
5. How do you tell or show others what God did in your life? _____
6. You don't need to know theology to tell others what God did in your life, you just give simply state what He did in your life. This is called sharing a personal testimony. In just a few sentences, share your testimony and give thanks to God for what He has done in your life. _____

