



*Pointers and questions on the book of*

*Psalms:*  
Selection A

# PSALMS

Session **9**

*Psalm 107*

## When we call to the Lord for help, he is always there

### Summary

The psalmist calls on God's redeemed people to praise him for his everlasting love and faithfulness. He paints a series of pictures showing people in distress who, when they called on the Lord, saw him come to their assistance. He is the Master of all circumstances and knows how to look after his people. For this, his people should give him constant thanks and praise.

- v1-3** The psalmist sets the tone of the psalm by urging God's redeemed people to give him thanks, 'for he is good; his love endures for ever.
- 4-32** He sets out four cameo-situations (v4-9; 10-16; 17-22 and 23-32) portraying people in various forms of danger or distress, and showing how God answered their cries for help—for which they should praise him.
- 33-38** He describes God's power over nature, and how he makes changes in the created order to either punish or reward people according to their attitudes and behaviour.
- 39-43** God is able to overrule people's circumstances in other ways, too, in order to bring down the proud and exalt those who humbly trust in him. Both are a sign of his covenant love.

### Questions to get you thinking

1. In view of the encouragement in verses 1-3, before you go any further, as a group say aloud together the words of v1.
2. Verses 4-9 portray a *desert* experience. Describe any experiences you have had in a spiritual, mental or emotional desert and how you found the way out.
3. Describe some *prison* experience you may have suffered and how the Lord set you free—e.g. bondage to fear, addiction etc.
4. Verse 17 talks of sickness caused by sin. Is all sickness sin-related? Look at James 5:14-15.
5. How can we know God's help in life's 'ups and downs' (v23-32)? Describe some examples from your own experience. See also Luke 8:22-25.
6. Verses 33-38 fit in with Scripture's general teaching that the land's fertility and the quality of the natural environment are the result of godliness on the part of the local inhabitants—and vice versa. Talk about this in connection with today's world and 'natural disasters'.
7. How does it feel to have on your side a God who is in total control of everyone's circumstances (v39-42)? How does the devil fit into this scenario?
8. Are you 'wise' (v43)?

