

Questions for Reflection and Discussion
Then Speak Out
Psalm 107

Getting Started

What helps you to be thankful?

Digging In

1. **Read Psalm 107.** Write down your first impressions.
2. In the first four stanzas (4-9, 10-16, 17-22, 23-32), the psalmist writes about God delivering people from 4 different kinds of distress. See if you can identify what these are.
3. **(vss. 4-9)** Have you ever felt like you were *in the desert*? What can we do when we find ourselves feeling far from God?
4. How can we imitate the response of those whom God delivered from the desert?
5. **(vss. 10-16, and 17-22)** Why were these two groups of people suffering bondage and disease?
6. How did they respond to God's deliverance?
7. Have you experienced God's loving discipline this past year? Why can we be thankful for God's discipline?
8. Read **vss. 23-32**. What was the source of distress?
9. Have you been experiencing any storms in your life? How can our response to these storms bring us closer to God? How can they help us live in greater reliance on the Lord, and increase our love for him and devotion to him?



Getting Personal

- Would your friends and family say that you're a thankful person? Why or why not?
- How have you experienced God's goodness this past year?
- How have you experienced his provision or protection?
- How has God helped you through a trial?
- How have you seen God give you opportunities to serve him?