

REMEMBER

FINDING GRATITUDE IN HARD TIMES

SERIES OVERVIEW

These are challenging times in which to live. With a divided nation, economic uncertainty, and an epidemic of digitally fueled self-absorption, it can sometimes feel like our world is in a tailspin of despair. And yet, as followers of Jesus we have many reasons to be grateful. In this series, we will listen to the wisdom of our spiritual ancestors and meditate on Psalm 107, which invites us to give thanks for the *hesed* (unfailing love) of the Lord, a word used six separate times in this psalm alone. By reflecting on the many ways God has delivered us in the past, we can find great hope for the future.

WEEK 1 - HIS FAITHFUL LOVE ENDURES OVERVIEW

Psalm 107 opens the fifth book of Psalms with a resounding call to give thanks. Divided up into four vignettes, the psalm recounts the ways God has delivered various people from hardships (sometimes of their own making). Throughout, the psalm invites us all to meditate on the *hesed* (unfailing love) of the Lord. In this initial message we will explore the psalm as a whole and dig into the first vignette, in which God delivers those hungering and thirsting in deserted wastelands. Our own hope and gratitude can begin by identifying the ways in which the unfailing love of God has delivered us from our own times of wandering and despair. By expressing our gratitude for God's past actions, we can begin thinking differently about what is still to come.

Give thanks to the LORD, for he is good! His faithful love endures forever.

Psalm 107:1

DISCUSSION QUESTIONS

1. Name something you are grateful for.
2. Read [Psalm 107:1-3](#).
 - a. What is exile, and why were the Israelites experiencing it?
 - b. Why would the Israelites thank God for something that hadn't happened yet (the end of exile)?
 - c. How could the Israelites have gratitude for both the now and the not yet?
 - d. Why be grateful when it seems like there is nothing to be grateful for?
3. Describe what it would look like to have a lifestyle of gratitude.
4. What are some benefits of gratitude?
5. Read [Psalm 107:4-9](#).
 - a. Define *khesed* (love) from verse 8.
 - b. How does this passage show the kind of love God has for his people?
 - c. What does verse 6 imply about God?
6. What is the difference between having gratitude for your circumstances and gratitude about God's identity?
7. Explain how gratitude changes the way we think.
8. How could Psalm 107 give you a framework or platform from which to tell your own story of God's deliverance?
9. Barry said that Psalm 107 was likely used at Israelite festivals to practice gratitude as a community. Why is it powerful to be grateful together?