

Give Thanks for His Love and Kindness

Psalm 107:1-3

This Sunday we explored one of the Bible's greatest songs of thanksgiving, **Psalm 107**, with a focus on God's **hesed**—His steadfast, covenant-keeping love that never lets go of His people. We began with an illustration contrasting the peace and security of country living, where family, creation, and the rhythms of God's provision surround us, with the fast-paced, man-made attractions of New York City that can easily consume our attention and mirror the "desires of the flesh, the desires of the eyes, and the pride in possessions" (1 John 2:16). This picture helped us understand where Israel found itself in Scripture: often wandering from the safety of God's covenant love in pursuit of the world's promises.

Psalm 107 reminded us that God's **hesed** is a love that rescues. Whether wandering far from God, living in bondage, suffering the consequences of rebellion, or overwhelmed by life's storms, the Lord faithfully pursues, redeems, restores, and leads His people home. The psalm begins with the invitation, "**Oh, give thanks to the Lord, for He is good! For His steadfast love endures forever.**" Thanksgiving, then, is more than an expression of gratitude—it is the testimony of those who have experienced God's covenant love. We concluded by looking to Jesus Christ, the fullest expression of God's **hesed**, and were challenged by Psalm 107 and Romans 10 to remember His faithfulness and boldly tell others, so that they too may come home to the steadfast, covenant love of God.

Scripture Memory Verse:

"Give thanks to the Lord, for He is good! His faithful love endures forever. Has the Lord redeemed you? Then speak out! Tell others He has redeemed you from your enemies." — Psalm 107:1–2 (NLT)

This Week's Big Idea:

Psalm 107 is a song of thanksgiving that celebrates God's HESED—His steadfast, faithful, covenant-keeping love. God's love is not merely an emotion; it is love in action. Throughout Scripture, God continually rescues, restores, forgives, heals, and remains faithful to His people even when they fail Him. His greatest demonstration of HESED is found in Jesus Christ, who came to redeem us and bring us into an everlasting relationship with God.

Read Psalm 107 before you meet with your group

As you read, notice the repeated pattern throughout the psalm.

1. People experience distress.
2. They cry out to the Lord.
3. God delivers them.
4. They respond with thanksgiving and public praise.

Why do you think God repeats this pattern four times? What does it teach us about His character?

Group Discussion:

1. God's HESED: Love That Never Lets Go

Read: Psalm 107:1-2; John 3:16; Romans 5:8

The Hebrew word HESED describes God's faithful, steadfast, covenant love. It is love that pursues us, rescues us, forgives us, and remains faithful because of who God is—not because of who we are.

Reflect:

- How have you personally experienced God's steadfast love?
- When did you first realize that God loved you personally?
- How is God's love different from the world's understanding of love?

Prayer

Thank You, Lord, for loving me with a faithful love that never fails. Help me to rest in Your love and reflect it to others.



2. When We Wander

Read: Psalm 107:4-9; Isaiah 53:6; John 10:10

The wanderers were lost, hungry, thirsty, and without direction until God led them home.

Reflect:

- Have you ever experienced a season of spiritual wandering?
- What was God teaching you during that season?
- Where is God leading you today?

Application

Spend a few minutes thanking God for every time He redirected your life.



3. When We Live in Bondage

Read: Psalm 107:10-16; John 8:31-36; Colossians 1:13-14

Some in Psalm 107 found themselves imprisoned because of rebellion, yet God's mercy was greater than their failure.

Reflect:

- What chains has Christ broken in your life?
- Are there areas where you still need His freedom?
- How does Jesus' freedom differ from temporary relief?

Prayer

Jesus, thank You for breaking every chain that held me captive. Continue to set me free so I may live fully for You.

4. When Sin Brings Consequences

Read: Psalm 107:17-22; 1 John 1:9; James 5:13-16

Sin always carries consequences, but God's mercy is greater. When His people cried out, He healed and restored them.

Reflect:

- Why is confession an important part of the Christian life?
- How have you experienced God's forgiveness?
- Is there anything you need to bring before Him today?

Application

Take time to confess anything the Holy Spirit brings to mind, receiving God's forgiveness with gratitude.



5. When Life Feels Like a Storm

Read: Psalm 107:23-32; Mark 4:35-41

The sailors were powerless against the storm until they cried to God. Sometimes God calms the storm. Sometimes He calms His people in the middle of the storm. Either way, He is present.

Reflect:

- What storm are you facing today?
- How have you seen God sustain you in difficult seasons?
- What does trusting God look like right now?



Bonus - Tell Your Story

Read: Psalm 107:2; Revelation 12:11; Mark 5:18-20

The psalm begins with a challenge:

"Has the Lord redeemed you? Then speak out!"

Every believer has a testimony of God's grace.

Your story may include wandering. It may include brokenness. It may include healing. It may include freedom.

Every story points to the same Savior.

Challenge

Write down your testimony in one page or less.

Answer these questions:

- What was my life like before Christ?
- How did Jesus rescue me?
- How has my life changed because of Him?
- Who needs to hear my story this week?