

PRACTICING GRATITUDE

PSALM 107:1-32, 43

CHURCH GROUP SERMON DISCUSSION GUIDE – SEPTEMBER 6, 2026

SCRIPTURE READING

Psalm 107:1-32, 43 ESV

REACH ONE

Getting to know people and helping people get to know Jesus.

As we continue growing in the habit of intentionally going out of our way to see people, carve out some discussion time to let group members share how they took a step toward others during the past week. It does not matter if it was small or big. Celebrating little wins can help make reaching one person part of our daily rhythms and lifestyle.

ICE BREAKER QUESTION

What is something good that happened to you lately that you couldn't wait to tell someone about?

SERMON RECAP

Psalm 107 calls the redeemed of the Lord to give thanks for His goodness and steadfast love. Our joy gets bigger when we share it. God designed the practice of gratitude to work this way: remembering and sharing what God has done deepens our own gratitude and invites others to rejoice in His goodness with us.

Psalm 107 gives us four different testimonies of people who experienced God's rescue. Each follows the same basic pattern: trouble, a cry to God, God's deliverance, and a call to thanksgiving.

- I was wandering, and God led and satisfied me. (Psalm 107:4-9)
- I was in bondage, and God set me free. (Psalm 107:10-16)
- I was sick, and God healed me. (Psalm 107:17-22)
- I was overwhelmed, and God rescued me. (Psalm 107:23-32)

Different testimonies, but the same story. God calls His redeemed people not only to remember His goodness, but to "say so"—to share what He has done so that our gratitude becomes shared praise.

DISCUSSION QUESTIONS

Observation: What does this passage say?

1. Read Psalm 107:1-32, 43 aloud as a group. Let group members share observations before moving into interpretation or application (the below questions may help the group make observations of the text, but no need to go through every question one by one).

- What are God's people commanded to do in verses 1-3?
- What problem do the people face in each of the four stories in verses 4-32?
- What repeated phrase do you notice in verses 6, 13, 19, and 28? What happens immediately afterward?
- What repeated call do you notice in verses 8, 15, 21, and 31?
- What does each story reveal about something God does for His people?
- According to verse 43, what does the wise person do with these stories?
- How would you summarize the main point of Psalm 107 in your own words?

Interpretation: What does the passage mean?

1. I Was Wandering: God Led Me and Satisfied Me (Psalm 107:4-9)
 - God delivered them from “wandering” and “He led them by a straight way till they reached a city to dwell in” (verse 7); what does this mean for us today as Christians?
 - What does it mean that God “satisfies the longing soul” and “fills the hungry soul with good things”?
 - Why are we so prone to look to things other than God to satisfy desires that ultimately only He can satisfy?
2. I Was in Bondage: God Set Me Free (Psalm 107:10-16)
 - According to verse 11, how did these people end up in bondage? What does God’s willingness to rescue people from trouble brought about by their own rebellion teach us about His character?
 - Why does sin so often promise freedom but ultimately produce slavery?
 - How does biblical obedience lead us toward true freedom rather than away from it?
3. I Was Sick: God Healed Me (Psalm 107:17-22)
 - What connection does this particular passage make between sin, suffering, and sickness? Does Scripture teach that every instance of sickness is the result of a person’s particular sin? Why is that distinction important?
 - Whether or not God heals us physically in this life, what ultimate healing has He promised His people in this life and ultimately in the life to come?
4. I Was Overwhelmed: God Rescued Me (Psalm 107:23-32)
 - What do verses 26-27 communicate about these people’s ability to rescue themselves?
 - Why might God allow His people to reach circumstances beyond their own strength, wisdom, or ability to control?
 - What does God’s response to their cry reveal about His character and His sovereignty over the storms in our lives (verse 29)?
5. Let the Redeemed of the LORD Say So (Psalm 107:1-3, 8, 15, 21, 31-32, 43)
 - Scripture uniformly teaches that God lacks nothing and so he does not “need” anything from us, including our praise (see Acts 17:24-25, among many other scriptures). Why then does God so often in His word command us to praise Him?
6. How do each of the four stories in Psalm 107 ultimately point us to our rescue through Jesus Christ?

Application: How can we apply this passage to our lives?

1. Let the group immediately apply this passage to our lives, by taking time for each group member who is willing to share a brief testimony of God’s goodness and steadfast love in their life.
2. Cry Out to God.
 - Where in your life do you currently feel lost, trapped, hurting/sick, or overwhelmed? Do you feel genuinely encouraged to cry out to God about it, because he cares for you? How can this group pray for you?
3. Remember God’s Goodness.
 - Where are you tempted right now to focus more on what you lack than on what God has already given you?
4. Let the Redeemed of the LORD Say So.
 - If our joy gets bigger when we share it, why are we often tempted to keep God’s goodness to yourself?
 - What practical habit could help you become more intentional about remembering God’s faithfulness and proclaiming it publicly going forward?