

1. When looking at the psalm we can see a pattern that is used to give not only a rhythm of pattern but a reinforcement of God's power.
2. There is a declaration of God's goodness that is followed by a difficulty or trial that comes upon God's people, then there is a crying out to God (vs. 6, 13, 19, 28), God delivers, then another declaration of God's goodness (vs. 8, 15, 21, 31)
3. What seems to be unique in the pattern are the differing kinds of trouble that are faced.

### Psalms 107:1-43

1 O give thanks unto the LORD, for he is good: for his mercy endureth for ever.

- Why is gratitude important as part of our worship?

2 Let the redeemed of the LORD say so, whom he hath redeemed from the hand of the enemy;

- What does it mean to be redeemed?
- What is significant about hearing from these kinds of people?
- How does this substantiate the claim of God being good?
- Who is our enemy?
  - Eph 2:2-3 Wherein in time past ye walked according to the course of this world, according to the prince of the power of the air, the spirit that now worketh in the children of disobedience: 3 Among whom also we all had our conversation in times past in the lusts of our flesh, fulfilling the desires of the flesh and of the mind; and were by nature the children of wrath, even as others.

3 And gathered them out of the lands, from the east, and from the west, from the north, and from the south.

- Can we limit God based on where we are at?

- "You don't know just how far  
 Away from home I've been"  
 She said, as she looked into my eyes  
 "Could it be I've strayed beyond  
 Mercy's outstretched hand  
 And now His grace no longer stoops  
 To hear my cry  
 You see, I just wanna know  
  
 Tell me how far will He go  
 Will He still reach for me  
 In spite of where I've been"  
 And I told her  
  
 He'll do whatever, whatever it takes  
 His grace reaches lower than your  
 worst mistakes  
 And His love will run farther  
 Than you can run away, my friend  
 He'll do whatever, whatever it takes  
 He'll do whatever it takes

I've heard His love is patient  
 That He always hears a prayer  
 And that His love will follow you  
 Despite the miles  
 My best years of life I wasted  
  
 Why would He even really care  
  
 What have I to give  
 That He would find worthwhile  
 You see I just wanna know  
 Tell me how far will He go  
  
 Will He still reach for me  
 In spite of who I am  
 Let me tell you  
  
 He'll just keep reaching  
 Until He finds a way to bring you back  
 Where you belong  
 Come on back home

4 They wandered in the wilderness in a solitary (living alone, having no company) way; they found no city to dwell in.

- What is missing that is a detriment?
  - Community

- Security - city

5 Hungry and thirsty, their soul fainted in them.

- Are these deprivations speaking only to the body? What in the verse indicates that there is more?

6 Then they cried unto the LORD in their trouble, and he delivered them out of their distresses.

- When do the needy cry out to the Lord? Do they wait until the trial is manageable? Why or why not?

7 And he led them forth by the right way, that they might go to a city of habitation.

- What else did the Lord do in response to their cry?
- What is significant about the “kind” of way He led them?
- Where does this lead them?

8 Oh that men would praise the LORD for his goodness, and for his wonderful works to the children of men!

- Why would it be important for mankind to praise the Lord for His goodness?
- Rom 1:18-21 For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who hold the truth in unrighteousness; 19 Because that which may be known of God is manifest in them; for God hath shewed it unto them. 20 For the invisible things of him from the creation of the world are clearly seen, being understood by the things that are made, even his eternal power and Godhead; so that they are without excuse: 21 Because that, when they knew God, they glorified him not as God, neither were thankful; but became vain in their imaginations, and their foolish heart was darkened.
- How does this give hope to the next generation? (wonderful works to the children of men)

- How many children independently pick up their Bibles to read and seek God on their own?

9 For he satisfieth the longing (thirsty) soul, and filleth the hungry soul with goodness.

- What is significant about God's ability to satisfy and fill the soul?
  - Psa 145:14-16 The LORD upholdeth all that fall, and raiseth up all those that be bowed down. 15 The eyes of all wait upon thee; and thou givest them their meat in due season. 16 Thou openest thine hand, and satisfiest the desire of every living thing.
  - Jer 31:25 For I (God) have satiated the weary soul, and I have replenished every sorrowful soul.
  - Isa 55:1-3 Ho, every one that thirsteth, come ye to the waters, and he that hath no money; come ye, buy, and eat; yea, come, buy wine and milk without money and without price. 2 Wherefore do ye spend money for that which is not bread? and your labour for that which satisfieth not? hearken diligently unto me, and eat ye that which is good, and let your soul delight itself in fatness. 3 Incline your ear, and come unto me: hear, and your soul shall live; and I will make an everlasting covenant with you, even the sure mercies of David.
  - Mat 5:6 Blessed are they which do hunger and thirst after righteousness: for they shall be filled.
- Isn't it interesting that since man becoming a living soul is dependent upon God and that the soul of man can only be sustained by God? In other words, God did not make us to be autonomous. We are made to be dependent. (Think Christ quoting Scripture in the wilderness!)

10 Such as sit in darkness and in the shadow of death, being bound in affliction and iron;

- Why would someone sit in darkness? [kids]
- What “shadow of death” mean? [Looming risk or outcome]
- What is the condition of their bondage?
  - Isa 9:1-2 Nevertheless the dimness shall not be such as was in her vexation, when at the first he lightly afflicted the land of Zebulun and the land of Naphtali, and afterward did more grievously afflict her by the way of the sea, beyond Jordan, in Galilee of the nations. 2 The people that walked in darkness have seen a great light: they that dwell in the land of the shadow of death, upon them hath the light shined.

11 Because they rebelled against the words of God, and contemned (despised, spurned, [contempt]) the counsel of the most High:

- Contempt – the act of despising. The idea of contemned is to reject with disdain.
- What is the explanation for why they are in bondage?

- Pro 5:22-23 His own iniquities shall take the wicked himself, and he shall be holden with the cords of his sins. 23 He shall die without instruction; and in the greatness of his folly he shall go astray.
- 1Sa 15:23 For rebellion is as the sin of witchcraft, and stubbornness is as iniquity and idolatry. Because thou hast rejected the word of the LORD, he hath also rejected thee from being king.
- Why is it important to understand Whose counsel is being rejected and why that it is critical?
- Why would God want to rescue someone like that?

12 Therefore he brought down their heart with labour; they fell down, and there was none to help.

- Why is it important to know that God is involved with consequences of sin?
  - Hag 1:5-7 Now therefore thus saith the LORD of hosts; Consider your ways. 6 Ye have sown much, and bring in little; ye eat, but ye have not enough; ye drink, but ye are not filled with drink; ye clothe you, but there is none warm; and he that earneth wages earneth wages to put it into a bag with holes. 7 Thus saith the LORD of hosts; Consider your ways.

13 Then they cried unto the LORD in their trouble, and he saved them out of their distresses.

- What does this say about God's character toward those who got themselves into trouble?
  - Eze 33:11 Say unto them, As I live, saith the Lord GOD, I have no pleasure in the death of the wicked; but that the wicked turn from his way and live: turn ye, turn ye from your evil ways; for why will ye die, O house of Israel?

14 He brought them out of darkness and the shadow of death, and brake their bands in sunder.

- How would deliverance be different if God merely showed the way out versus bringing them out? Who would get the glory?
- What is the difference between breaking chains and unlocking chains?
  - Never to be incarcerated again!

15 Oh that men would praise the LORD for his goodness, and for his wonderful works to the children of men!

- *Praise the Lord, for the chains that seems to bind you*  
*Serve only to remind you that they drop powerless behind you*  
*When you praise Him*  
*What would this kind of praise look like coming from the individuals rescued from themselves?*
- How might this encourage dependence upon God?
- Are there any who can testify this morning of how God has liberated you from bondage?

16 For he hath broken the gates of brass, and cut the bars of iron in sunder.

- What is the picture that is being painted about God's power?
  - Complete power over impossible circumstances!
  - Brass or bronze is symbolism of judgment for sin.
    - 2Ki 25:7 And they slew the sons of Zedekiah before his eyes, and put out the eyes of Zedekiah, and bound him with fetters of brass, and carried him to Babylon.
    - Num 21:8-9 And the LORD said unto Moses, Make thee a fiery serpent, and set it upon a pole: and it shall come to pass, that every one that is bitten, when he looketh upon it, shall live. 9 And Moses made a serpent of brass, and put it upon a pole, and it came to pass, that if a serpent had bitten any man, when he beheld the serpent of brass, he lived.

- Joh 3:14 And as Moses lifted up the serpent in the wilderness, even so must the Son of man be lifted up:
  - 2Co 5:21 For he hath made him to be sin for us, who knew no sin; that we might be made the righteousness of God in him.
- Consider also the veil that stood between man and God. Though the veil was not of brass, it kept man out from God, and, thus, separated from real freedom.
  - Mat 27:50-51 Jesus, when he had cried again with a loud voice, yielded up the ghost. 51 And, behold, the veil of the temple was rent in twain from the top to the bottom; and the earth did quake, and the rocks rent;
  - Heb 10:19-20 Having therefore, brethren, boldness to enter into the holiest by the blood of Jesus, 20 By a new and living way, which he hath consecrated for us, through the veil, that is to say, his flesh;
- Why is communion in the order of bread then fruit of the vine?
  - Body needs to be broken first to allow the blood to be shed. The blood then washes away our sins.
  - Mat 26:26-28 And as they were eating, Jesus took bread, and blessed it, and brake it, and gave it to the disciples, and said, Take, eat; this is my body. 27 And he took the cup, and gave thanks, and gave it to them, saying, Drink ye all of it; 28 For this is my blood of the new testament, which is shed for many for the remission of sins.
  - 1Co 11:23-25 For I have received of the Lord that which also I delivered unto you, That the Lord Jesus the same night in which he was betrayed took bread: 24 And when he had given thanks, he brake it, and said, Take, eat: this is my body, which is broken for you: this do in remembrance of me. 25 After the same manner also he took the cup,



when he had supped, saying, This cup is the new testament in my blood:  
this do ye, as oft as ye drink it, in remembrance of me.

- *Death cannot keep its prey, Jesus my Savior;*  
***HE** tore the bars away, Jesus my Lord!*
- He broke the gates of brass because He broke Himself by being sacrificed and taking the Father's judgment upon Himself!

○ **Iron is symbolic of bondage.**

- Jer 28:13-14 Go and tell Hananiah, saying, Thus saith the LORD; Thou hast broken the yokes of wood; but thou shalt make for them yokes of iron. 14 For thus saith the LORD of hosts, the God of Israel; I have put a yoke of iron upon the neck of all these nations, that they may serve Nebuchadnezzar king of Babylon; and they shall serve him: and I have given him the beasts of the field also.
- Psa 105:17-18 He sent a man before them, even Joseph, who was sold for a servant: 18 Whose feet they hurt with fetters: he was laid in iron:
- Isa 45:1-2 Thus saith the LORD to his anointed, to Cyrus, whose right hand I have holden, to subdue nations before him; and I will loose the loins of kings, to open before him the two leaved gates; and the gates shall not be shut; 2 I will go before thee, and make the crooked places straight: I will break in pieces the gates of brass, and cut in sunder the bars of iron:
- Psa 68:18 Thou hast ascended on high, thou hast led captivity captive: thou hast received gifts for men; yea, for the rebellious also, that the LORD God might dwell among them.

17 Fools because of their transgression, and because of their iniquities, are afflicted.

- Psa 14:1 To the chief Musician, A Psalm of David. The fool hath said in his heart, There is no God. They are corrupt, they have done abominable works, there is none that doeth good.
- Transgression – The act of passing over a beyond any law or rule of moral duty (Webster’s 1828).
  - *Illus.* Dog bite on my hand
  - *Illus.* Nephew shocking himself
- Iniquity – injustice, inequity or “non-equal”
- Afflicted – [Heb.] to be depressed, be downcast (BDB); oppressed; Affected with continued or often repeated pain, either of body or mind; suffering grief or distress, of any kind. (Webster’s 1828)
- Does this verse teach that they were afflicted by someone/something outside them or that this is self-inflicted affliction?
  - You may get what you want, but not want what you get!
  - *Buying icing and eating it!*

18 Their soul abhorreth all manner of meat; and they draw near unto the gates of death.

- Job 33:18-22 (Elihu speaking to Job about God) He keepeth back his soul from the pit, and his life from perishing by the sword. 19 He is chastened also with pain upon his bed, and the multitude of his bones with strong pain: 20 So that his life abhorreth bread, and his soul dainty meat. 21 His flesh is consumed away, that it cannot be seen; and his bones that were not seen stick out. 22 Yea, his soul draweth near unto the grave, and his life to the destroyers.
- Pro 18:14 The spirit of a man will sustain his infirmity; but a wounded spirit who can bear?

19 [Review] Then they cry unto the LORD in their trouble, and he saveth them out of their distresses.

- Who was the cause of the distresses to begin with?
- [Treasury of David] "Fools because of their transgression, and because of their iniquities, are afflicted." Many sicknesses are the direct result of foolish acts. Thoughtless and lustful men by drunkenness, gluttony, and the indulgence of their passions fill their bodies with diseases of the worst kind. Sin is at the bottom of all sorrow, but some sorrows are the immediate results of wickedness; men by a course of transgression afflict themselves and are fools for their pains. Worse still, even when they are in affliction they are fools still; and if they were brayed in a mortar among wheat with a pestle, yet would not their folly depart from them. From one transgression they go on to many iniquities, and while under the rod they add sin to sin. Alas, even the Lord's own people sometimes play the fool in this sad manner.
- [Pro 27:22](#) Though thou shouldst bray a fool in a mortar among wheat with a pestle, yet will not his foolishness depart from him.
- What does this verse teach about the fool's condition?
- Is physical suffering or discipline enough to change the heart?
- What does this verse say about God who saved them out of their distresses that they caused for themselves?

- Psa 40:1-3 To the chief Musician, A Psalm of David. I waited patiently for the LORD; and he inclined unto me, and heard my cry. 2 He brought me up also out of an horrible pit, out of the miry clay, and set my feet upon a rock, and established my goings. 3 And he hath put a new song in my mouth, even praise unto our God: many shall see it, and fear, and shall trust in the LORD.

20 He sent his word, and healed them, and delivered them from their destructions.

- Why is the word sent first before healing and deliverance?
- Psa 19:7-14 The law of the LORD is perfect, converting the soul: the testimony of the LORD is sure, making wise the simple. 8 The statutes of the LORD are right, rejoicing the heart: the commandment of the LORD is pure, enlightening the eyes. 9 The fear of the LORD is clean, enduring for ever: the judgments of the LORD are true and righteous altogether. 10 More to be desired are they than gold, yea, than much fine gold: sweeter also than honey and the honeycomb. 11 Moreover by them is thy servant warned: and in keeping of them there is great reward. 12 Who can understand his errors? cleanse thou me from secret faults. 13 Keep back thy servant also from presumptuous sins; let them not have dominion over me: then shall I be upright, and I shall be innocent from the great transgression. 14 Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.
- Psa 119:9 BETH. Wherewithal shall a young man cleanse his way? by taking heed thereto according to thy word.
- Jas 1:21 Wherefore lay apart all filthiness and superfluity of naughtiness, and receive with meekness the engrafted word, which is able to save your souls.
- [Start] Psa 119:130 The entrance of thy words giveth light; it giveth understanding unto the simple.

- Pro 1:20-23 Wisdom crieth without; she uttereth her voice in the streets: 21 She crieth in the chief place of concourse, in the openings of the gates: in the city she uttereth her words, saying, 22 How long, ye simple ones, will ye love simplicity? and the scorers delight in their scorning, and fools hate knowledge? 23 Turn you at my reproof [repentance]: behold, I will pour out my spirit unto you, I will make known my words unto you.
- 2Ti 3:15 And that from a child thou hast known the holy scriptures, which are able to make thee wise unto salvation through faith which is in Christ Jesus.
- 1. Mar 10:13-16 And they brought young children to him, that he should touch them: and his disciples rebuked those that brought them. 14 But when Jesus saw it, he was much displeased, and said unto them, Suffer the little children to come unto me, and forbid them not: for of such is the kingdom of God. 15 Verily I say unto you, Whosoever shall not receive the kingdom of God as a little child, he shall not enter therein. 16 And he took them up in his arms, put his hands upon them, and blessed them.
- 2Ti 2:24-25 And the servant of the Lord must not strive; but be gentle unto all men, apt to teach, patient, 25 In meekness instructing those that oppose themselves; if God peradventure will give them repentance to the acknowledging of the truth;
- What is the man of God to instruct from?

21 Oh that men would praise the LORD for his goodness, and for his wonderful works to the children of men!

22 And let them sacrifice the sacrifices of thanksgiving, and declare his works with rejoicing.

- Heb. Word for “thanksgiving” comes from the idea of the extension of the hand.
- What else does this posturing communicate? (Surrender)
- 1Ti 2:8 I will therefore that men pray every where, lifting up holy hands, without wrath and doubting.
- What does this say about our communication to God needing to be?
  1. Praise
  2. Surrender
  3. “lifting holy hands”
    1. Holy hands – What He has made
- Eph 2:10 For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.
  2. Lifting – what we offer back to Christ.
  3. Without wrath – Our wrath does not promote the righteousness of God (James 1:19-20)
  4. (without) doubting/dissention – διαλογισμός
    1. Doubting – [Webster’s 1828] wavering in mind (James 1:8); [Nave’s Topical] alludes to *cowardice and murmuring*



5. Can we really lift up holy hands while our hearts are not fully engaged because of not being fully in tune with God because of relationships we are shrinking back from because of dissention? Therein is doubt!

- **“Declare/tell”** – Heb. for “to score with a mark as a tally or record”; to intensively recount, that is, celebrate [Strong's]
- Psa 9:11 Sing praises to the LORD, which dwelleth in Zion: declare among the people his doings.
- We declare through song!
- Psa 26:7 That I may publish with the voice of thanksgiving, and tell of all thy wondrous works.
- We share or “publish” in order put in circulation.
- Psa 66:16 Come and hear, all ye that fear God, and I will declare what he hath done for my soul.
- Our testimony should be an invite to share how Christ has changed us wholistically (soul).
- Psa 73:28 But it is good for me to draw near to God: I have put my trust in the Lord GOD, that I may declare all thy works.
- Our declaration of God is directly tied to our proximity to Him.
- Psa 105:1-2 O give thanks unto the LORD; call upon his name: make known his deeds among the people. 2 Sing unto him, sing psalms unto him: talk ye of all his wondrous works.

- Psa 118:17 I shall not die, but live, and declare the works of the LORD.
- Part of what we are to live for is to make Christ known!
- Isa 12:4 And in that day shall ye say, Praise the LORD, call upon his name, declare his doings among the people, make mention that his name is exalted.

23 They that go down to the sea in ships, that do business in great waters;

- This speaks of ventures men make in life in general. This is not a depiction of being caught in dangerous sin as it is being caught in dangerous situations.
- [Treasury of David] "They that go, down to the sea in ships." Navigation was so little practised among the Israelites that mariners were invested with a high degree of mystery, their craft was looked upon as one of singular daring and peril. Tales of the [sea] thrilled all hearts with awe, and he who had been to Ophir or to Tarshish and returned alive was looked upon as a man of renown, an ancient mariner to be listened to with reverent attention. ... "That do business in great waters." If they had not had business to do, they would never have ventured on the ocean, ye never read in the Scriptures of any man taking his pleasure on the sea; so averse was the Israelitish mind to seafaring, that we do not hear of even Solomon himself keeping a pleasure boat. The Mediterranean was "the great sea" to David and his countrymen, and they viewed those who had business upon it with no small degree of admiration.
- What is the stated purpose for those who go down in the great waters?

24 These see the works of the LORD, and his wonders in the deep.

- Why would this be the place to see the works of the Lord?
  1. Unfamiliar environment – men were made on Day 6 living on land.
  2. If the sea is an environment that man was not made to live in then what do ships made by man represent– Man's means and craft to adapt to an environment not designed for them to live in.
    1. Man is seeking to fabricate his own environment in the middle of a harder environment.
- Psa 104:24-26 O LORD, how manifold are thy works! in wisdom hast thou made them all: the earth is full of thy riches. 25 So is this great and wide sea, wherein are things creeping innumerable, both small and great beasts. 26 There go the ships: there is that leviathan, whom thou hast made to play therein.
- 1. Job 41:1-11 Canst thou draw out leviathan with an hook? or his tongue with a cord which thou lettest down? 2 Canst thou put an hook into his nose? or bore his jaw through with a thorn? 3 Will he make many supplications unto thee? will he speak soft words unto thee? 4 Will he make a covenant with thee? wilt thou take him for a servant for ever? 5 Wilt thou play with him as with a bird? or wilt thou bind him for thy maidens? 6 Shall the companions make a banquet of him? shall they part him among the merchants? 7 Canst thou fill his skin with barbed irons? or his head with fish spears? 8 Lay thine hand upon him, remember the battle, do no more. 9 Behold, the hope of him is in vain: shall not one be cast down even at the sight of him? 10 None is so fierce that dare stir him up: who then is able to stand before me? 11 Who hath prevented me, that I should repay him? whatsoever is under the whole heaven is mine.
- Psa 48:7 Thou breakest the ships of Tarshish with an east wind.

25 For he commandeth, and raiseth the stormy wind, which lifteth up the waves thereof.

- Notice the domino effect of God's power in this verse?
  1. He commands the wind that effect the waves.
  2. His power touches all areas of creation indirectly, if not directly
- Wind is depicted as the moving of the Spirit or power of God, while the sea is depicted as humanity or the nations.
- [Verses on the Spirit]
- Joh 3:8 The wind bloweth where it listeth, and thou hearest the sound thereof, but canst not tell whence it cometh, and whither it goeth: so is every one that is born of the Spirit.
- Act 2:1-4 And when the day of Pentecost was fully come, they were all with one accord in one place. 2 And suddenly there came a sound from heaven as of a rushing mighty wind, and it filled all the house where they were sitting. 3 And there appeared unto them cloven tongues like as of fire, and it sat upon each of them. 4 And they were all filled with the Holy Ghost, and began to speak with other tongues, as the Spirit gave them utterance.
- Gen 1:2 And the earth was without form, and void; and darkness was upon the face of the deep. And the Spirit (rûach) of God moved upon the face of the waters.
- [Verses on nations/seas]
- Mat 13:47-50 Again, the kingdom of heaven is like unto a net, that was cast into the sea, and gathered of every kind: 48 Which, when it was full, they drew to shore, and sat down, and gathered the good into vessels, but cast the bad away. 49 So shall it be at the end of the world: the angels shall come forth, and sever the wicked from among the just, 50 And shall cast them into the furnace of fire: there shall be wailing and gnashing of teeth.
- Mat 4:18-20 And Jesus, walking by the sea of Galilee, saw two brethren, Simon called Peter, and Andrew his brother, casting a net into the sea: for they were fishers. 19 And he saith unto them, Follow me, and I will make you fishers of men. 20 And they straightway left their nets, and followed him.
- Rev 13:1 And I stood upon the sand of the sea, and saw a beast rise up out of the sea, having seven heads and ten horns, and upon his horns ten crowns, and upon his heads the name of blasphemy.
- Rev 17:1-15 And there came one of the seven angels which had the seven vials, and talked with me, saying unto me, Come hither; I will shew unto thee the judgment of the great whore that sitteth upon many waters...15 And he saith unto me, The waters which thou sawest, where the whore sitteth, are peoples, and multitudes, and nations, and tongues.

- Jer 51:42-44 The sea is come up upon Babylon: she is covered with the multitude of the waves thereof. 43 Her cities are a desolation, *a dry land, and a wilderness, a land wherein no man dwelleth, neither doth any son of man pass thereby.* 44 And I will punish Bel in Babylon, and I will bring forth out of his mouth that which he hath swallowed up: and the nations shall not flow together any more unto him: yea, the wall of Babylon shall fall.
- [The work of the Spirit in liberating God's people]
- Exo 14:21 And Moses stretched out his hand over the sea; and the LORD caused the sea to go back by a strong east wind (rûach – Spirit [Gen 1:2]) all that night, and made the sea dry land, and the waters were divided. [Notice the effect of the wind upon the sea!]

26 They mount up to the heaven, they go down again to the depths: their soul is melted because of trouble.

- Whose perspective is this scene depicted from? Can you see yourself in the boat?
  1. Waves so high and clearly over you and your ability to overcome!
  2. Waves crashing so low you lose sight of them, but not able to determine when the next wave is to come! May grant temporary relief but will not
- What does this say of how we see trouble in our ventures? (crescendos to a height, rising higher than your fabricated “bow” to keep the waves out.)
- What is the significance of Scripture allowing for this perspective after describing God's Providence over our scenarios.
- “Melted” – like incredible heat applied to the strongest of metals causes it to melt, so is adversity to our limited resolve.
  1. What is a melting point? (Point at which a solid can no longer retain its rigidity or shape. Its ability to resist outside forces like gravity is greatly diminished and the object succumbs to those forces.)
  2. Perhaps our melting point is so we can be reshaped into something more, something better.
- Psa 119:28 My soul melteth for heaviness: strengthen thou me according unto thy word.
  1. Notice the soul melting (or falling apart with weeping) because of a greater force being exerted upon it!
  2. What is the psalmist appealing to for strength? (the Word of God, the final Authority, the greater force)

27 They reel to and fro, and stagger like a drunken man, and are at their wits' end.

- “Reel to and fro” Heb. for moving in a circle; “reel” to vacillate
- [Jas 1:8 A double minded man is unstable in all his ways.](#)
- Our minds go with the careening of the ship we are on almost as if it were dictated! Think about the boat (fabricated security in an insecure environment) bending to the forces that it was designed to protect us from!
- “Stagger” – not to stand or walk with steadiness, to cease to stand firm, to begin to give way [Webster’s 1828] (imitate a stagger)
  1. Is there any confidence that a staggering man will remain upright?
- “wits end” – expression meaning at the end of your wisdom (Old English “to wit” means “to know”) [wit-ness]

28 Then they cry unto the LORD in their trouble, and he bringeth them out of their distresses.

- At what point do we see them cry out to God for trouble?
  1. After they have embarked.
  2. Their soul is melted in the middle of the storm
  3. They have tried everything and exhausted all options.

29 He maketh the storm a calm, so that the waves thereof are still.

- Who brings calm to the storm? How do the waves also respond?

30 Then are they glad because they be quiet; so he bringeth them unto their desired haven.

- “glad” Heb. to cheer [Strong’s]
- How is deliverance completed from verse 28 to verse 30?
  1. Brought out of distress – v. 28
  2. Brought to their desire – v. 30
- What is the picture depicted by stating they were brought to their desired haven/harbor rather than simply stating back to land?
  1. Haven – Heb. enclosed, shut in by the shore [Strong’s]. Any place in which ships can be sheltered by the land from the force of tempests and a violent sea. [Webster’s]
  2. It is more than making back to land, the familiar environment. Because then it would remove us from the environment of being out of control to being back in control. Being brought to a haven shows that while under God’s authority we are not only delivered from danger, we are brought under His protection!
- Sometimes, however, we do see find ourselves off course in life because of choices we make that take us away from
- The Haven of Rest

1 My soul in sad exile was out on life's sea,  
 So burdened with sin, and distressed,  
 Till I heard a sweet voice saying, "Make Me your choice,"  
 And I entered the haven of rest.

2 I yielded myself to His tender embrace,  
 And faith taking hold of the word,  
 My fetters fell off, and I anchored my soul:  
 The haven of rest is my Lord. [Refrain]

3 The song of my soul, since the Lord made me whole,  
Has been the old story so blessed,  
Of Jesus who'll save whosoever will have  
A home in the haven of rest. [Refrain]

4 How precious the thought that we all may recline,  
Like John, the beloved and blessed,  
On Jesus' strong arm, where no tempest can harm,  
Secure in the haven of rest. [Refrain]

5 Oh, come to the Savior, He patiently waits  
To save by His power divine;  
Come, anchor your soul in the haven of rest,  
And say, "My Beloved is mine." [Refrain]

Refrain:

I've anchored my soul in the haven of rest,  
I'll sail the wide seas no more;  
The tempest may sweep o'er the wild stormy deep,  
In Jesus I'm safe evermore.

31 Oh that men would praise the LORD for his goodness, and for his wonderful works to the children of men!

32 Let them exalt him also in the congregation of the people, and praise him in the assembly of the elders.

33 He turneth rivers into a wilderness, and the watersprings into dry ground;

34 A fruitful land into barrenness, for the wickedness of them that dwell therein.

35 He turneth the wilderness into a standing water, and dry ground into watersprings.

36 And there he maketh the hungry to dwell, that they may prepare a city for habitation;

37 And sow the fields, and plant vineyards, which may yield fruits of increase.



38 He blesseth them also, so that they are multiplied greatly; and suffereth not their cattle to decrease.

39 Again, they are minished and brought low through oppression, affliction, and sorrow.

40 He poureth contempt upon princes, and causeth them to wander in the wilderness, where there is no way.

41 Yet setteth he the poor on high from affliction, and maketh him families like a flock.

42 The righteous shall see it, and rejoice: and all iniquity shall stop her mouth.

43 Whoso is wise, and will observe these things, even they shall understand the lovingkindness of the LORD.