



"Find Your Purpose and Reach Your Destiny"

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Managing Threatening Emotions

How to Handle Disappointment

Lesson 8 - PART 1

The Lesson - Psalm 107:1-43

What Should I do When My Dream Dies? We must learn how to handle the pain of what might have been without deep regret or remorse.

How can I find peace when my dream has been shattered? This psalm offers hope to those who are disappointed with life.

Psalm 107 has THREE main parts to it:

- **AN INTRODUCTION** (vv. 1-3), which establishes the theme of thanksgiving for deliverance;
- **THE MAIN BODY** (vv. 4-32);
- **A HYMN CONSTITUTING A CONCLUSION** (vv. 33-43).

The main body of this psalm consists of **FOUR** sections, each describing a situation in which God has provided deliverance:

- Being **LOST** in the desert (vv. 4-9);
- Being **PRISONERS** (vv. 10-16);
- Being **ILL** (vv. 17-22);
- Being in a **STORM at SEA** (vv. 23-32)

Our Lesson tonight - Psalm 107:1-22

Psalm 143:1. *Oh, give thanks unto the LORD for He is good; for his mercy endureth forever.*

- The word rendered "mercy" (*Chesed* in the Hebrew text) is more general in its signification than our word "mercy," in the English language.
- Mercy, in the English language means "**FAVOR SHOWN TO THE GUILTY.**"

The Hebrew word means **KINDNESS, GOODNESS, BENIGNITY** (or tolerance in general) It is this expression which is celebrated in the psalm before us.

Question. *What reasons do I have to give thanks to the LORD?*

- a) For His unchanging mercy /even when we didn't deserve it.
- b) For His goodness, kindness, and benignity (tolerance)

Psalm 143:2-3 *Let the redeemed of the Lord say so, whom he hath redeemed from the hand of the enemy; 3 And gathered them out of the lands, from the east, and from the west, from the north, and from the south.*

I DON'T HAVE **A RIGHT TO REMAIN SILENT!**

Verse 2-3 announce the theme of the psalm, namely, the deliverance from the captivity in Babylon, and the gathering of Israel from all the lands where the people of God had been scattered. This marvelous event included two principal things

- "Redemption" from the adversary (Babylon), and
- "Gathering," that is, the return of Israel to Canaan.

Psalm 107:4-5 *They wandered in the wilderness in a solitary way; they found no city to dwell in. 5. Hungry and thirsty, their soul fainted in them.*

Here we see a perfect example of **REFLECTING**, looking back in **RETROSPECT**, of where we used to be and thankful to God for His current blessings.

- Israel's wandering in the wilderness could have been avoided if they weren't so unappeasable.
- It would have only taken Israel **ELEVEN DAYS** to Journey through the wilderness.

Psalm 107:6-7 *Then they cried unto the Lord in their trouble, and he delivered them out of their distresses. 7 And he led them forth by the right way, that they might go to a city of habitation.*

Reflecting is aimed to bring about a sense of **THANKFULNESS** to God. As we remember where He brought us from, we are encouraged to face where He's **TAKING US TO.**

Psalm 107:8 - 10 *Oh that men would praise the Lord for his goodness, and for his wonderful works to the children of men!*

