

Mystic

Steadfast Love

Psalm 107:1-3,23-32 | Session 7.25

Before the Session

- Review today's scripture text and the session activities to help better facilitate the discussion.
- Have the Bible Background Video ready to view.
- Make copies of the Journaling worksheet
- Encourage your group to listen to the Faithelement podcast ahead of the next session (Share the link via email or social media)

Intro

Read together [Psalm 107:1-3,23-32](#) and watch the [Bible Background Video](#).

Remembering Rescue

In the Bible Background Video, Nikki describes the 4 images in Psalm 107.

“Verses 4–9 tell the story of a group of wanderers who were lost in the desert and finally make it to the place they were going. Verses 10–16, tell the story of prisoners who are set free. Verses 17–22, tell of “sick” persons who are healed. And finally, in our focus passage, verses 23–32, we are told about a group of sailors who are saved from shipwreck.”

Distribute the Journal Worksheet, and also have additional paper and pens/pencils available to those who need them.

Invite participants to take the items, and to find a comfortable place to spend the bulk of the session writing, using the prompts on the Journal Worksheet.

Ask them to return and gather together at (specify a time).

Thanksgiving

When the group re-gathers, read again Psalm 107:28–31:

28 Then they cried to the Lord in their trouble,
and he brought them out from their distress;

29 he made the storm be still,
and the waves of the sea were hushed.

30 Then they were glad because they had quiet,
and he brought them to their desired haven.

31 Let them thank the Lord for his steadfast love,
for his wonderful works to humankind.

Lead a prayer, giving thanks to God for the times God has brought us through perils in life, and asking God to use us in rescuing others in our community and world.
