

Background Scripture: Psalm 107

Print Passage: Psalm 107:1-9, 39-43

Freed from Fear



MONTALE WAS PLAYING A GAME OF FOOTBALL WITH HIS FRIENDS ON A WARM FALL MORNING. The day was going great.

Montale's team was winning. Spending time with friends was just what Montale needed after learning concerning news about his father. A few days ago, Montale's father called

him and his brothers into the kitchen for a family meeting. As the boys gathered around the table, they exchanged looks with each other, trying to figure out what the meeting could be about. Montale asked, "Dad, did we do something wrong?"

Father replied, "No, Son. Not at all. I just have some news I need to share with you all."

The boys' mother joined them in the kitchen. One look, and they could tell their mother had been crying.

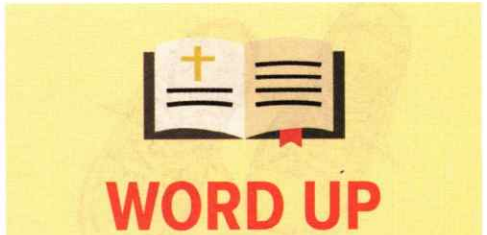
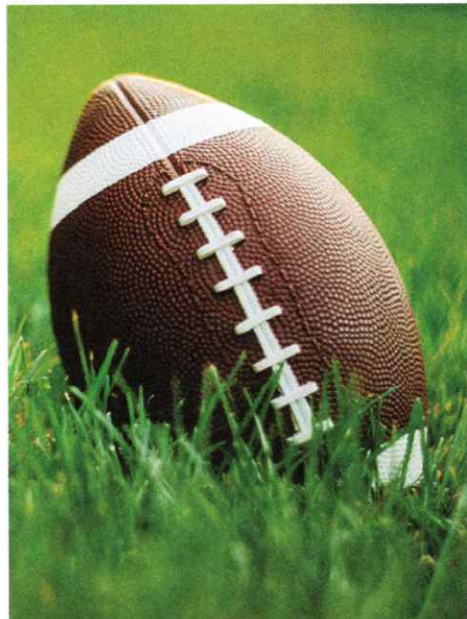
Montale said, "What's wrong, Momma? Are you okay?" Mother looked at her husband, who then answered the question.

Father said, "Today, I found out I have prostate cancer. You know how your mother worries about all of us. God has assured me, and I have assured your mother, that I am going to be fine."

Father went on to explain how his condition was caught early and the doctors expected him to make a full recovery. The boys understood that any diagnosis of cancer was serious.

Montale questioned, "How can the doctors be so sure everything is going to be all right, Dad? I mean, having cancer is a big deal."

Father replied, "Listen, family. We are thankful for the doctor's encouraging report, but I trust God for complete healing. God has always been with us, and this situation is no different. Do not worry or be afraid. God's got this." Montale asked his father if he could lead the family in prayer. While Montale was saying a special prayer for his father and family, he felt a calm peace come over him. Montale felt God's presence, and he knew everything was going to be fine.



Psalm 107:1-9, 39-43

1 Give thanks to the LORD, for he is good; his love endures forever. **2** Let the redeemed of the LORD tell their story—those he redeemed from the hand of the foe, **3** those he gathered from the lands, from east and west, from north and south. **4** Some wandered in desert wastelands, finding no way to a city where they could settle. **5** They were hungry and thirsty, and their lives ebbed away. **6** Then they cried out to the LORD in their trouble, and he delivered them from their distress. **7** He led them by a straight way to a city where they could settle. **8** Let them give thanks to the LORD for his unfailing love and his wonderful deeds for mankind, **9** for he satisfies the thirsty and fills the hungry with good things.

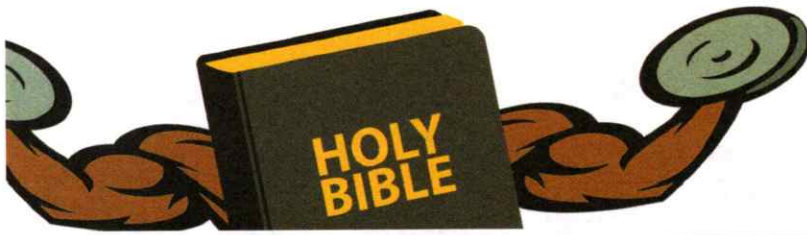
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39 Then their numbers decreased, and they were humbled by oppression, calamity and sorrow; **40** he who pours contempt on nobles made them wander in a trackless waste. **41** But he lifted the needy out of their affliction and increased their families like flocks. **42** The upright see and rejoice, but all the wicked shut their mouths. **43** Let the one who is wise heed these things and ponder the loving deeds of the LORD.



KEY VERSE:

They cried out to the LORD in their trouble, and he delivered them from their distress. (Psalm 107:6)



WORK OUT

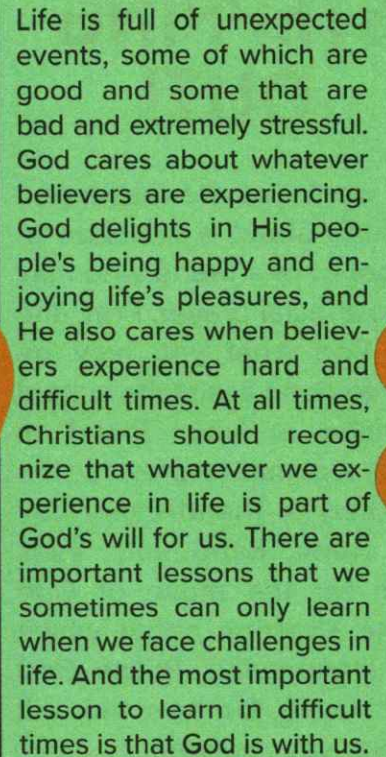
TODAY'S LESSON HIGHLIGHTS A PSALM THAT FOCUSES ON DIFFERENT WAYS THAT GOD HELPS HIS PEOPLE AND DELIVERS THEM FROM ADVERSITY AND CHALLENGES IN LIFE.

The writer of this psalm is unknown, but the words written could have been penned by numerous people who had experience with God's mighty hand of protection and deliverance. The psalm emphasizes four specific conditions of people that God helps. God helps those who are wanderers and struggle with the basic necessities of life, like food and shelter. God helps those who are prisoners, locked out from daily blessings and peace because of sin and rebellion. God also helps those who are in distress because of wrong choices and bad decisions they made in their lives. And God helps those who are storm-tossed, meaning people who have significant challenges and often do not know how to solve their problems. No matter how severe life's challenges may seem, God is able to help us. This is an important truth that gives believers hope and the assurance that even during the toughest times of our lives, God is capable, and in His lovingkindness, He will help His people in times of distress. Verse 2 emphasizes that believers should call out and tell other people about God's goodness. This is what testifying is all about—telling others how God has helped you and changed situations in your life for the better. Believers should always be willing to tell others about the great things God does in their lives.

INSIDE OUT

In today's "Wake Up!" story, Montale was worried about his father's cancer diagnosis. Montale's father encouraged his family not to be afraid or worry about him—because he was trusting God to heal him. To have this level of confidence suggests that Montale's father has a relationship with God and trusts in His power and ability to save him. Do you believe God can do all He says He can do? Each victory that God allows us to have should build our faith in knowing that nothing is impossible with God.

THERE'S AN APP FOR THAT!



Life is full of unexpected events, some of which are good and some that are bad and extremely stressful. God cares about whatever believers are experiencing. God delights in His people's being happy and enjoying life's pleasures, and He also cares when believers experience hard and difficult times. At all times, Christians should recognize that whatever we experience in life is part of God's will for us. There are important lessons that we sometimes can only learn when we face challenges in life. And the most important lesson to learn in difficult times is that God is with us.



Today's psalm discusses different kinds of people who cry out to God for help. The beautiful reality is that anyone who invites God into his or her life can have a relationship with Him. There is no one unworthy of God's help. Believers who share their testimonies of how God helped them can persuade others to believe in the power of God too.