

REMEMBER

FINDING GRATITUDE IN HARD TIMES

WEEK 3 - STILLING THE SEA OVERVIEW

One of the constants of the human experience is the relentless chaos of our lives. From unexpected setbacks to broken relationships to an uncertain world, we are adrift in a chaotic sea of distress. And yet, as the third vignette of Psalm 107 reminds us, God has power over the waves of chaos and is faithful to deliver those who rely on his unfailing love. As we consider the chaos of our lives, let us give thanks for the ways God has delivered us to safe harbors in the past, and put our hope in the fact that he will do it again.

*He calmed the storm to a whisper and stilled the waves.
What a blessing was that stillness as he brought them safely into harbor!*
Psalm 107:29-30

DISCUSSION QUESTIONS

1. What is the first thing that comes to your mind when you think of “the sea”?
2. Read [Psalm 107:23-32](#).
 - a. What is the “twist” in this passage in [verses 24-25](#)?
 - b. Why did God send the waves?
3. What is *testing*, and why would God test people? (See [Deuteronomy 8:2](#), [James 1:2-3](#), [1 Corinthians 10:13 \(NRSV\)](#)).
4. Describe how [Matthew 8:23-27](#) directly echoes [Psalm 107:23-32](#).
5. Compare and contrast the four vignettes we read about in [Psalm 107](#).
 - a. What were the reasons people were facing hardship in these vignettes?
 - b. Name some common threads you see in the vignettes.
 - c. What do these vignettes show us about God?
6. Why is it important to share stories of God’s faithful love as directed in [Psalm 107:1-2](#)?
7. Have you come through a tough time in your life that ended up strengthening your faith?
 - a. Share what happened.
 - b. Why did your faith grow?