

## **Prayer Exercise: Meditation on Psalm 107**

Pray through this Psalm. Ask God to speak through His Word. Write down words, phrases or passages that leap off the page into your heart. Sit quietly with these words/phrases/passages, meditating upon the Word of the Lord. Ask God to teach you more about Himself through them. When you are done, close your prayer time with verse 1: "Lord, I give You thanks, for You are good; Your love endures forever."

- <sup>1</sup> Give thanks to the LORD, for he is good;  
his love endures forever.
- <sup>2</sup> Let the redeemed of the LORD tell their story—  
those he redeemed from the hand of the foe,
- <sup>3</sup> those he gathered from the lands,  
from east and west, from north and south.
- <sup>4</sup> Some wandered in desert wastelands,  
finding no way to a city where they could settle.
- <sup>5</sup> They were hungry and thirsty,  
and their lives ebbed away.
- <sup>6</sup> Then they cried out to the LORD in their trouble,  
and he delivered them from their distress.
- <sup>7</sup> He led them by a straight way  
to a city where they could settle.
- <sup>8</sup> Let them give thanks to the LORD for his unfailing love  
and his wonderful deeds for mankind,
- <sup>9</sup> for he satisfies the thirsty  
and fills the hungry with good things.
- <sup>10</sup> Some sat in darkness, in utter darkness,  
prisoners suffering in iron chains,
- <sup>11</sup> because they rebelled against God's commands  
and despised the plans of the Most High.
- <sup>12</sup> So he subjected them to bitter labor;  
they stumbled, and there was no one to help.
- <sup>13</sup> Then they cried to the LORD in their trouble,

- and he saved them from their distress.
- <sup>14</sup> He brought them out of darkness, the utter darkness,  
and broke away their chains.
- <sup>15</sup> Let them give thanks to the LORD for his unfailing love  
and his wonderful deeds for mankind,
- <sup>16</sup> for he breaks down gates of bronze  
and cuts through bars of iron.
- <sup>17</sup> Some became fools through their rebellious ways  
and suffered affliction because of their iniquities.
- <sup>18</sup> They loathed all food  
and drew near the gates of death.
- <sup>19</sup> Then they cried to the LORD in their trouble,  
and he saved them from their distress.
- <sup>20</sup> He sent out his word and healed them;  
he rescued them from the grave.
- <sup>21</sup> Let them give thanks to the LORD for his unfailing love  
and his wonderful deeds for mankind.
- <sup>22</sup> Let them sacrifice thank offerings  
and tell of his works with songs of joy.
- <sup>23</sup> Some went out on the sea in ships;  
they were merchants on the mighty waters.
- <sup>24</sup> They saw the works of the LORD,  
his wonderful deeds in the deep.
- <sup>25</sup> For he spoke and stirred up a tempest  
that lifted high the waves.
- <sup>26</sup> They mounted up to the heavens and went down to the depths;  
in their peril their courage melted away.
- <sup>27</sup> They reeled and staggered like drunkards;  
they were at their wits' end.
- <sup>28</sup> Then they cried out to the LORD in their trouble,  
and he brought them out of their distress.
- <sup>29</sup> He stilled the storm to a whisper;  
the waves of the sea were hushed.
- <sup>30</sup> They were glad when it grew calm,  
and he guided them to their desired haven.

- <sup>31</sup> Let them give thanks to the LORD for his unfailing love  
and his wonderful deeds for mankind.
- <sup>32</sup> Let them exalt him in the assembly of the people  
and praise him in the council of the elders.
- <sup>33</sup> He turned rivers into a desert,  
flowing springs into thirsty ground,
- <sup>34</sup> and fruitful land into a salt waste,  
because of the wickedness of those who lived there.
- <sup>35</sup> He turned the desert into pools of water  
and the parched ground into flowing springs;
- <sup>36</sup> there he brought the hungry to live,  
and they founded a city where they could settle.
- <sup>37</sup> They sowed fields and planted vineyards  
that yielded a fruitful harvest;
- <sup>38</sup> he blessed them, and their numbers greatly increased,  
and he did not let their herds diminish.
- <sup>39</sup> Then their numbers decreased, and they were humbled  
by oppression, calamity and sorrow;
- <sup>40</sup> he who pours contempt on nobles  
made them wander in a trackless waste.
- <sup>41</sup> But he lifted the needy out of their affliction  
and increased their families like flocks.
- <sup>42</sup> The upright see and rejoice,  
but all the wicked shut their mouths.
- <sup>43</sup> Let the one who is wise heed these things  
and ponder the loving deeds of the LORD.