

**WITNESS – Reaching out to others**  
*(Aim for 20 – 30 minutes)*

**Giving Thanks to God**

Thank God for his goodness and unfailing love.

**Praying for one another**

In what situations would you like to be more aware of God's goodness?

**Praying for our community**

How would Hungerford be different if everyone was aware God's goodness and were to share it with one another? Pray that your vision will come into being. God can do more than we can imagine.

# FRUIT OF THE SPIRIT

## 6

### *Psalm 107*

## 6 Goodness

*Purpose:* To see how God's goodness becomes the standard for developing this fruit in our lives.

*Goodness* is primarily a moral quality which has as its standard the moral perfection of God.

**WELCOME – Breaking the ice**  
*(Aim for 10 minutes)*

Who has most changed you life?

**WORSHIP – Meeting the Lord**  
*(Aim for 10 – 15 minutes)*

**Pause:-**

- \* Make yourself comfortable,
- \* seek to relax any parts of your body that are carrying stress,
- \* breathe in and out slowly, breathing in God's love and breathing out anything that is not of God,
- \* repeat a prayer phrase like, "Thank you, Jesus" or "My God, my all" or "Jesus, Son of God have mercy on me a sinner".

**Rejoice:-** Listen to a song or read a psalm

**Ask:-** Ask God to speak to you as you study his word

**Yield:-** Surrender to God acknowledging that He is God and you are not and pray that you will put into practice what you believe He is saying to you as you study His word.

## **WORD – Applying the truth**

### ***(Aim for 40 – 45 minutes)***

Psalm 107 is the classic exposition of God's goodness. J. I. Packer writes: "The whole psalm is a majestic panorama of the operations of divine goodness, transforming human lives." God's actions reveal goodness in its highest and purest form. His goodness provides the standard for developing this fruit in our own lives.

1. Try to imagine what it would be like if God were to withdraw all his goodness from you. How would your life be changed?

2. Read Psalm 107. How do verses 1–3 introduce the major themes of the psalm?

3. The psalmist gives four illustrations of God's goodness in verses 4–9, 10–16, 17–22 and 23–32. What do each of these illustrations have in common?

4. What needs do the people have in each of these sections?

5. In each instance what action taken by the people resulted in their deliverance?

Is this usually your first reaction when you find yourself in distress? If not, what is?

6. Repeatedly the psalmist urges those who have been delivered to "give thanks to the Lord." Why do we need to be reminded of this?

7. According to the psalmist, what are some ways we should give thanks to God for his goodness and love (vv. 22, 32)?

8. What do verses 33–42 reveal about the ups and downs of life?

9. The psalmist concludes in verse 43: "Whoever is wise, let him heed these things." What things does he want us to heed?

10. In what ways can we imitate the goodness of God displayed in this psalm?

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