

Worship Team Expedition Weekly Devotional



Week 7: Psalm 107

⁸Let them give thanks to the LORD for his unfailing love
and his wonderful deeds for mankind,
⁹for he satisfies the thirsty
and fills the hungry with good things.

-Psalm 107:8-9

What are you hungry or thirsty for?

I'm not talking about that refreshing beverage, tasty meal, or the oh-so-yummy sweet treat that popped into your mind just now. Let's dig a little deeper...

What is your *soul* thirsty for, what is your *heart* really hungry for?

We all have needs and desires and I think God speaks to us through those if we'll listen. But sometimes we don't recognize the cravings in our hearts or God's invitation to fulfill them. So we seek fulfillment in other places— places that ultimately can't fulfill us. Have you ever done this? I certainly have.

I think I want to accomplish more so I'm perceived as successful; this masks what's really going in my heart underneath— my desire for security, which can only be found in God, not success— so I pursue more work (which is a good thing in the right context) yet wind up more tired and still feeling insecure. Hmm. Doesn't work out too well. Then God whispers to me that HE is the source of my provision and that HE will provide all my needs (Philippians 4:19, Matthew 6:33), and when I listen and actually come back to Him, I relax and He provides...yet again. Duh. Have you done this too?

I'm learning to stop and pay attention to what's going on inside rather than just being pulled around by my emotions so much. That is a challenge just in itself, because life can be crazy busy and I get into react mode and sometimes don't even realize what's happening. Stopping for a minute to assess the state of my heart and what's really going on in there is the first key to getting it right.

The next part is bringing what I find to God and trusting Him to come through, to satisfy, to fulfill, to meet me at my point of need. When I have failed to do this in my life, charged forward with my own plan, and paid for it, often it's because I just haven't dug deeper into what was *really* in my heart in the first place, brought it to the Lord, asked

for His help and trusted Him to work. I'm guessing it's the same for you. Let's look at a few verses from Psalm 107 and we'll see that we're not alone:

- ¹⁰ Some sat in darkness, in utter darkness,
prisoners suffering in iron chains,
¹¹ because they rebelled against God's commands
and despised the plans of the Most High.
¹² So he subjected them to bitter labor;
they stumbled, and there was no one to help.
¹³ Then they cried to the LORD in their trouble,
and he saved them from their distress.
¹⁴ He brought them out of darkness, the utter darkness,
and broke away their chains.
¹⁵ Let them give thanks to the LORD for his unfailing love
and his wonderful deeds for mankind,
¹⁶ for he breaks down gates of bronze
and cuts through bars of iron.

The pattern is clear in these verses (and all through this Psalm):

Step 1: People ignore or even despise God and follow their own plan.

Step 2: This turns out badly. Very badly.

Step 3: They turn to God and He gives them what they were searching for all along.

Look how God comes through for the people that turn to Him! He saves them, brings them out of darkness, breaks their chains, cuts down gates of bronze and iron. And all this after they have despised and rebelled against Him! What a gracious God, I'm so glad we have a loving Father with open arms who is waiting for us to come to Him!

The choice is ours to make today. Blindly follow our desires into ruin or turn to God and find deeply fulfilling life. Sounds dramatic and simplistic, but each decision in our day moves us towards one and away from the other. So...what's it going to be?

Questions For Thought

Take some time to do this "stop, look, and listen" exercise:

Stop- ignore the demands of life for a few minutes and make some space for God to speak to your heart. You may have to fight for the time, but it's worth it!

Look- acknowledge what's *really* in your heart. What are you feeling? What are you wanting? Ask Him to show you what's going on if you're not sure (James 1:5). Identify what's in there and bring it to the Lord, into the light of His love.

Listen- listen for God's leading, listen for His prompting and direction in your life. What is He saying? How is He leading you to respond in this situation?