

Oh, give thanks to the Lord, for He is good! For His mercy endures forever (Psalm 107:1).

We are exhorted to give thanks for two primary reasons: God's goodness and His enduring mercy. These two truths alone should stir our hearts with gratitude. Without God's mercy, where would we be today? Surely not standing in His grace.

Let the redeemed of the Lord say so, Whom He has redeemed from the hand of the enemy (Psalm 107:2).

If you've been redeemed—set free from sin's grip—say so! Don't keep it to yourself. Share it. Rejoice in it. We were once slaves to sin, but we've been bought at a price—not with silver or gold, but with the precious blood of Christ (cf. 1 Peter 1:18–19).

Verses 3–6 describe the condition of the people God redeemed:

And gathered out of the lands, From the east and from the west, From the north and from the south. They wandered in the wilderness in a desolate way; They found no city to dwell in. Hungry and thirsty, Their soul fainted in them. Then they cried out to the LORD in their trouble, And He delivered them out of their distresses. (Psalms 107:3-6 NKJV)

And He led them forth by the right way, That they might go to a city for a dwelling place. Oh, that men would give thanks to the LORD for His goodness, And for His wonderful works to the children of men! (Psalms 107:7-8 NKJV)

The soul longs for something more. And God satisfies the longing soul. He fills the hungry with goodness.

Those who sat in darkness and in the shadow of death, Bound in affliction and irons--Because they rebelled against the words of God, And despised the counsel of the Most High, Therefore He brought down their heart with labor; They fell down, and there was none to help. Then they cried out to the LORD in their trouble, And He saved them out of their distresses. He brought them out of darkness and the shadow of death, And broke their chains in pieces. (Psalms 107:10-14 NKJV)

God is a chain-breaker. Our disobedience binds us, but His mercy frees us. If you're in a place of spiritual dryness or captivity, cry out. He still delivers.

Oh, that men would give thanks to the Lord for His goodness... (v. 15)

The pattern repeats. Verses 17–20 speak of those who brought suffering on themselves through sin. Foolishness leads to affliction.

Fools, because of their transgression, And because of their iniquities, were afflicted. Their soul abhorred all manner of food, And they drew near to the gates of death. Then they cried out to the LORD in their trouble, And He saved them out of their distresses. He sent His word and healed them, And delivered them from their destructions. (Psalms 107:17-20 NKJV)

How often has God done this in our lives—speaking a word in due season, reminding us of a promise, comforting us with truth? His Word brings healing.

Let them sacrifice the sacrifices of thanksgiving, And declare His works with rejoicing. (Psalms 107:22 NKJV)

Under the Old Covenant, people approached God through animal sacrifices. In the New Covenant, Christ's sacrifice is sufficient for sin—but we are still called to offer sacrifices of praise and thanksgiving (Hebrews 13:15). Through thanksgiving, we commune with God. Praise draws us near to Him.

Those who go down to the sea in ships, Who do business on great waters, They see the works of the LORD, And His wonders in the deep. For He commands and raises the stormy wind, Which lifts up the waves of the sea. They mount up to the heavens, They go down again to the depths; Their soul melts because of trouble. They reel to and fro, and stagger like a drunken man, And are at their wits' end. Then they cry out to the LORD in their trouble, And He brings them out of their distresses. He calms the storm, So that its waves are still. Then they are glad because they are quiet; So He guides them to their desired haven. (Psalms 107:23-30 NKJV)

In verses 23–30, the psalmist turns to sailors caught in a storm. The waves rise and fall; they reel like drunken men. In desperation, they cry to the Lord—and He stills the storm and brings them safely to harbor.

What a picture of God's power and compassion. He not only calms the storms, but He also guides us home.

Let them exalt Him also in the assembly of the people, And praise Him in the company of the elders. (Psalms 107:32 NKJV)

The psalm closes by describing the works of God in nature and in nations. He can turn rivers into deserts or deserts into springs. He exalts the humble and brings down the proud. He blesses the hungry with a place to dwell and multiplies them.

Sometimes He allows affliction to refine us. Yet He never forgets the poor or forsakes the righteous.

The righteous see it and rejoice, And all iniquity stops its mouth. Whoever is wise will observe these things, And they will understand the lovingkindness of the LORD. (Psalms 107:42-43 NKJV)

Personal Application:

This psalm paints a clear picture: God rescues those who call upon Him. Whether we've wandered, rebelled, suffered for our foolishness, or faced external storms, His mercy is greater. He waits for us to cry out.

Let us not only cry out in distress, but also offer sacrifices of thanksgiving when He answers. Let's learn to praise God—not just for what He does, but for who He is.

Have you observed His mercy in your own life? Then you are called to testify. Praise Him in the congregation. Speak of His goodness with rejoicing. Let your soul overflow with thanksgiving—for He is good, and His mercy truly endures forever.