

# Teach me to recapture calm

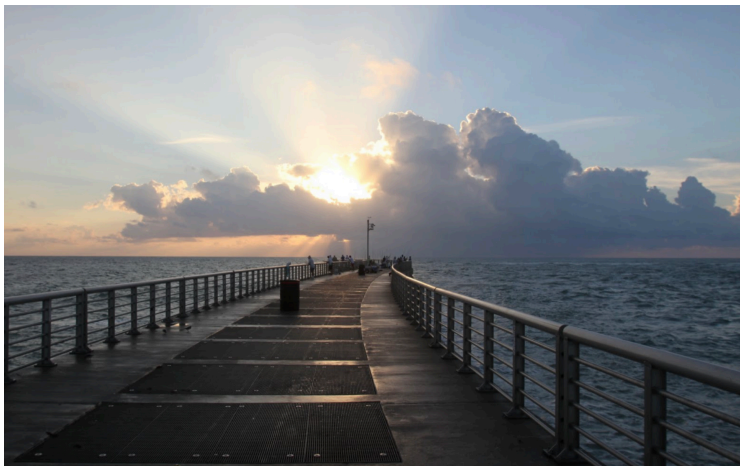
A message on **Psalm 107:23-31**

July 25, 2021





**KEEP  
CALM  
AND  
CARRY  
ON**



# Psalm 107

**1**

Give thanks to the Lord, for he is good;  
his love endures forever.

**2**

Let the redeemed of the Lord tell their story—  
those he redeemed from the hand of the foe,

# Psalm 107: Verses 8, 15, 21, 31

8

They shall give thanks to the Lord for His mercy,  
And for His wonders to the sons of mankind!

15

They shall give thanks to the Lord for His mercy,  
And for His wonders to the sons of mankind!

21

They shall give thanks to the Lord for His mercy,  
And for His wonders to the sons of mankind!

31

They shall give thanks to the Lord for His mercy,  
And for His wonders to the sons of mankind!

יִזְדּוּ לַיהוָה חֲסֵדוֹ ; וְנִפְלְאוֹתָיו לְבְנֵי אָדָם.

# Psalm 107:23-31

23

Those who go down to the sea in ships,  
Who do business on great waters;

24

They have seen the works of the Lord,  
And His wonders in the deep.

25

For He spoke and raised a stormy wind,  
Which lifted the waves of the sea.

26

They rose up to the heavens, they went down to the depths;  
Their soul melted away in *their* misery.

27

They reeled and staggered like a drunken person,  
And were at their wits' end.

28

Then they cried out to the Lord in their trouble,  
And He brought them out of their distresses.

29

He caused the storm to be still,  
So that the waves of the sea were hushed.

30

Then they were glad because they were quiet,  
So He guided them to their desired harbor.

31

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And for His wonders to the sons of mankind!

# Jonah 1:4, 11-17

74 However, the Lord hurled a great wind on the sea and there was a great storm on the sea, so that the ship was about to break up.

11 So they said to him, “What should we do to you so that the sea will become calm for us?”—for the sea was becoming increasingly stormy. 12 And he said to them, “Pick me up and hurl me into the sea. Then the sea will become calm for you, because I know that on account of me this great storm *has come* upon you.” 13 However, the men rowed *desperately* to return to land, but they could not, because the sea was becoming *even* stormier against them. 14 Then they cried out to the Lord and said, “We earnestly pray, O Lord, do not let us perish on account of this man’s life, and do not put innocent blood on us; for You, Lord, have done as You pleased.”

15 So they picked up Jonah and hurled him into the sea, and the sea stopped its raging. 16 Then the men became extremely afraid of the Lord, and they offered a sacrifice to the Lord and made vows.

# Mark 4:35-41

35 On that day, when evening came, He \*said to them, “Let’s go over to the other side.”  
36 After dismissing the crowd, they took Him along with them in the boat, just as He was; and other boats were with Him. 37 And a fierce gale of wind \*developed, and the waves were breaking over the boat so much that the boat was already filling *with water*. 38 And *yet Jesus* Himself was in the stern, asleep on the cushion; and they \*woke Him and \*said to Him, “Teacher, do You not care that we are perishing?” 39 And He got up and rebuked the wind and said to the sea, “Hush, be still.” And the wind died down and it became perfectly calm. 40 And He said to them, “Why are you afraid? Do you still have no faith?” 41 They became very much afraid and said to one another, “Who, then, is this, that even the wind and the sea obey Him?”



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# John 14:26-28

<sup>26</sup> But the Helper, the Holy Spirit whom the Father will send in My name, He will teach you all things, and remind you of all that I said to you.

<sup>27</sup> Peace I leave you, My peace I give you; not as the world gives, do I give to you. Do not let your hearts be troubled, nor fearful. <sup>28</sup> You heard that I said to you, 'I am going away, and I am coming to you.' If you loved Me, you would have rejoiced because I am going to the Father, for the Father is greater than I.

# Reflection Questions

1. What waves are you facing today?
2. How has God shown you mercy and wonders?
3. In what ways are you giving thanks?

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