



Teach Me to  
Recapture...

Freedom

Joy

Peace

Rest

Wisdom & Delight

Hope

# Series Opener

Insights from  
Psalm 107

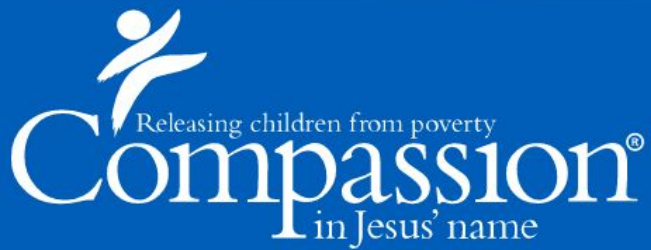
# PSALM 107

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,








3 those he gathered from the lands,  
from east and west, from north and south.



## Decathlon (men)

• Day1	100m sprint	Long jump	Shot put	High jump	400m sprint
					
• Day2	110m hurdles	Discus throw	Pole vault	Javelin throw	1500m run
					

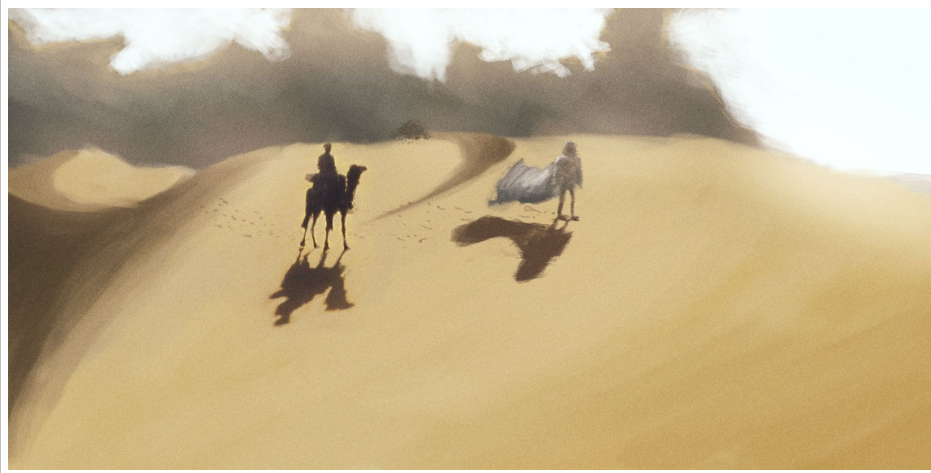
## Heptathlon

• Day1	100m hurdles	High jump	Shot put	200m sprint
				
• Day2	Long jump	Javelin throw	800m run	
				

Life is more like a Decathlon than a Marathon.

Burnout is because of incompetent recovery strategies (not stress).

Be AS strategic about your REST as you are about your WORK.





4 Some wandered in desert wastelands, finding no way to a city where they could settle.

5 They were hungry and thirsty, and their lives ebbed away.

6 Then they cried out to the Lord in their trouble, and he delivered them from their distress.

7 He led them by a straight way to a city where they could settle.

8 Let them give thanks to the Lord for his unfailing love and his wonderful deeds for mankind,

9 for he satisfies the thirsty and fills the hungry with good things.





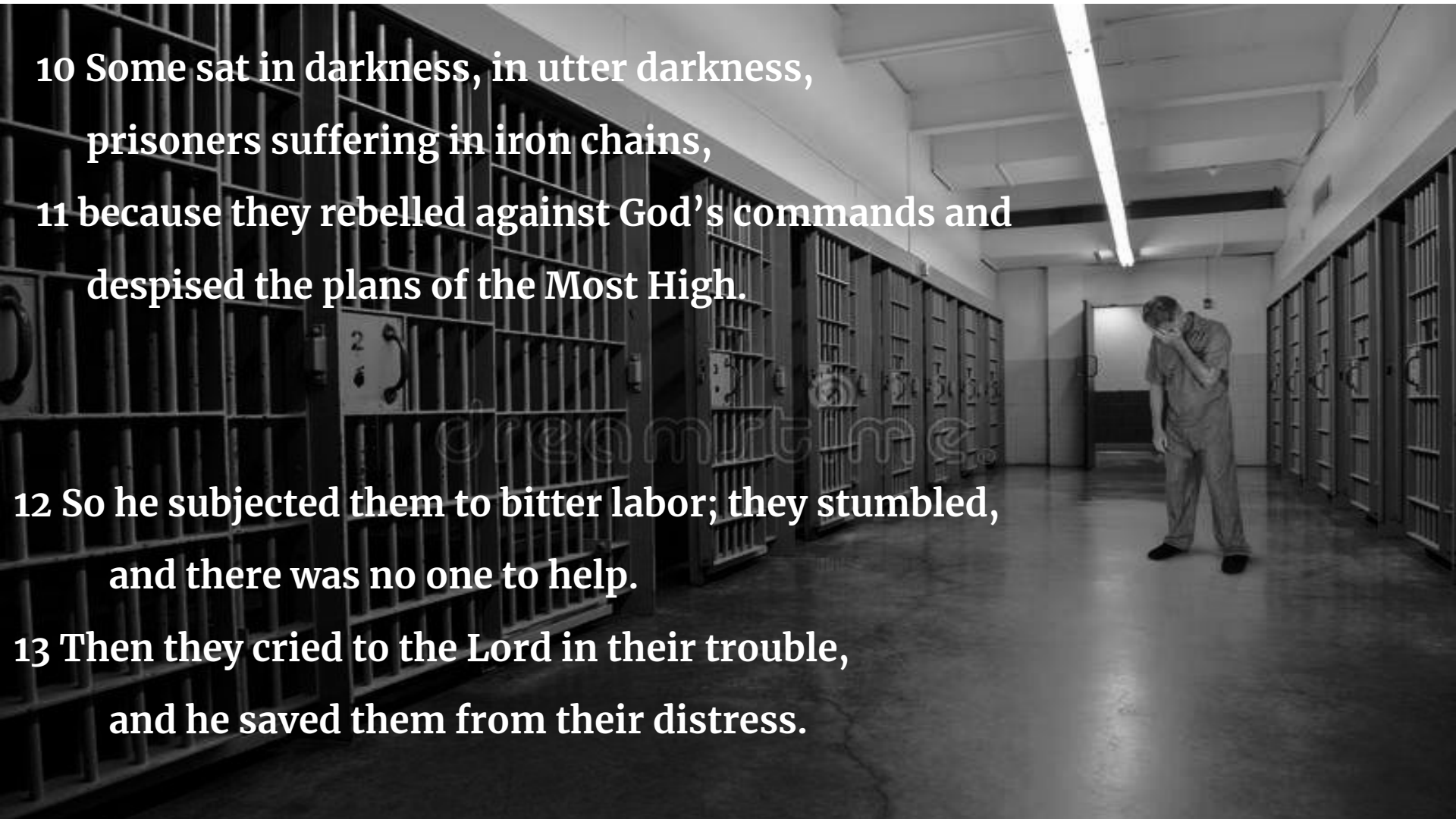


**10 Some sat in darkness, in utter darkness,  
prisoners suffering in iron chains,**

**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.





A black and white photograph of an elderly woman lying in a hospital bed. She has a pained expression on her face and is holding a small, dark-colored dog close to her. The bed is equipped with various medical devices and wires. The text is overlaid on the left side of the image.

17 Some became fools  
through their rebellious ways  
and suffered affliction  
because of their iniquities.

18 They loathed all food  
and drew near the gates of death.

19 Then they cried to the Lord in their trouble, and he saved them from  
their distress.



**20 He sent out his word and healed them;  
he rescued them from the grave.**

**21 Let them give thanks to the Lord  
for his unfailing love  
and his wonderful deeds for mankind.**

**22 Let them sacrifice thank offerings  
and tell of his works with songs of joy.**



23 Some went out on the sea in ships; they were merchants on the mighty waters.

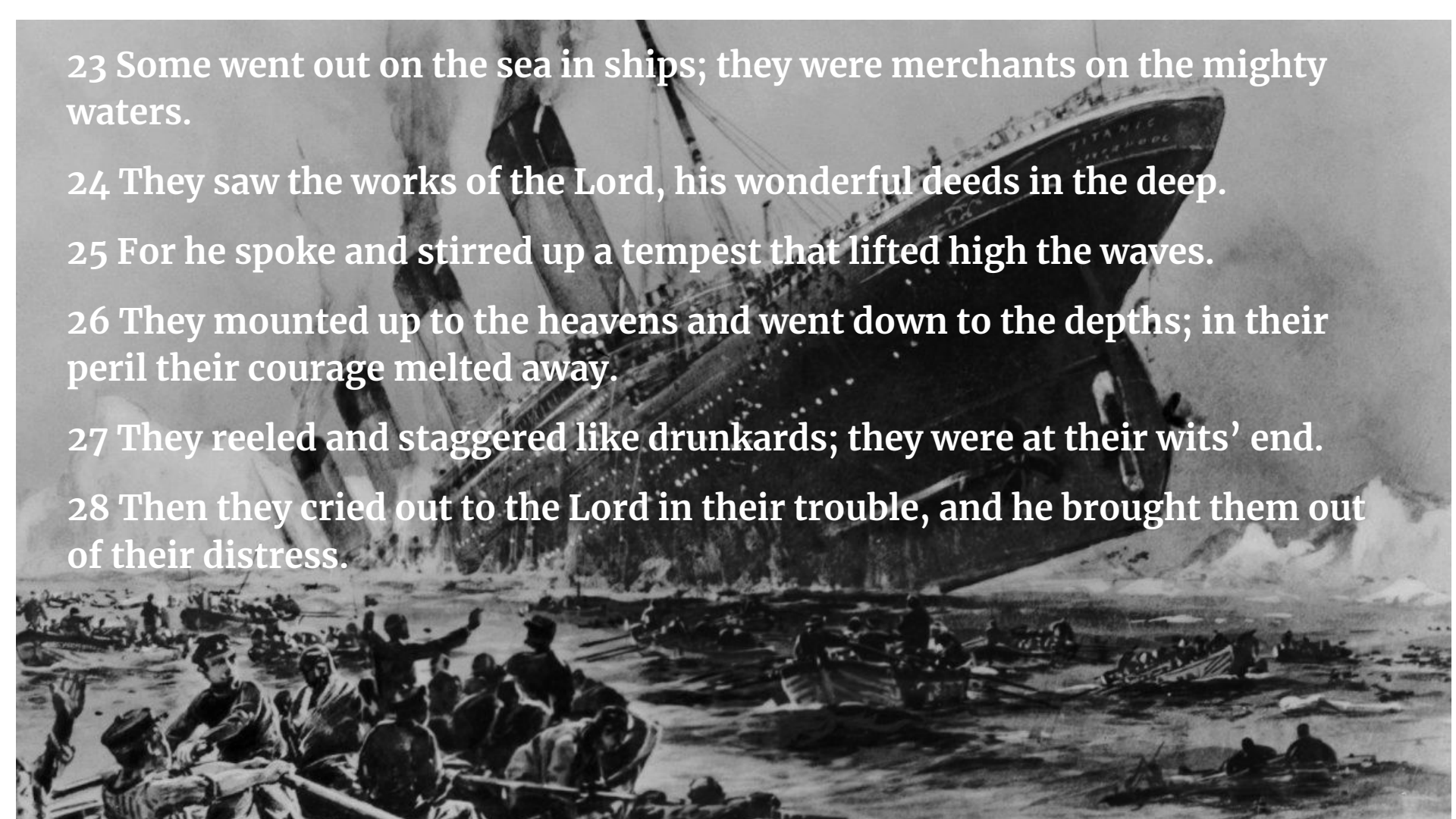
24 They saw the works of the Lord, his wonderful deeds in the deep.

25 For he spoke and stirred up a tempest that lifted high the waves.

26 They mounted up to the heavens and went down to the depths; in their peril their courage melted away.

27 They reeled and staggered like drunkards; they were at their wits' end.

28 Then they cried out to the Lord in their trouble, and he brought them out of their distress.

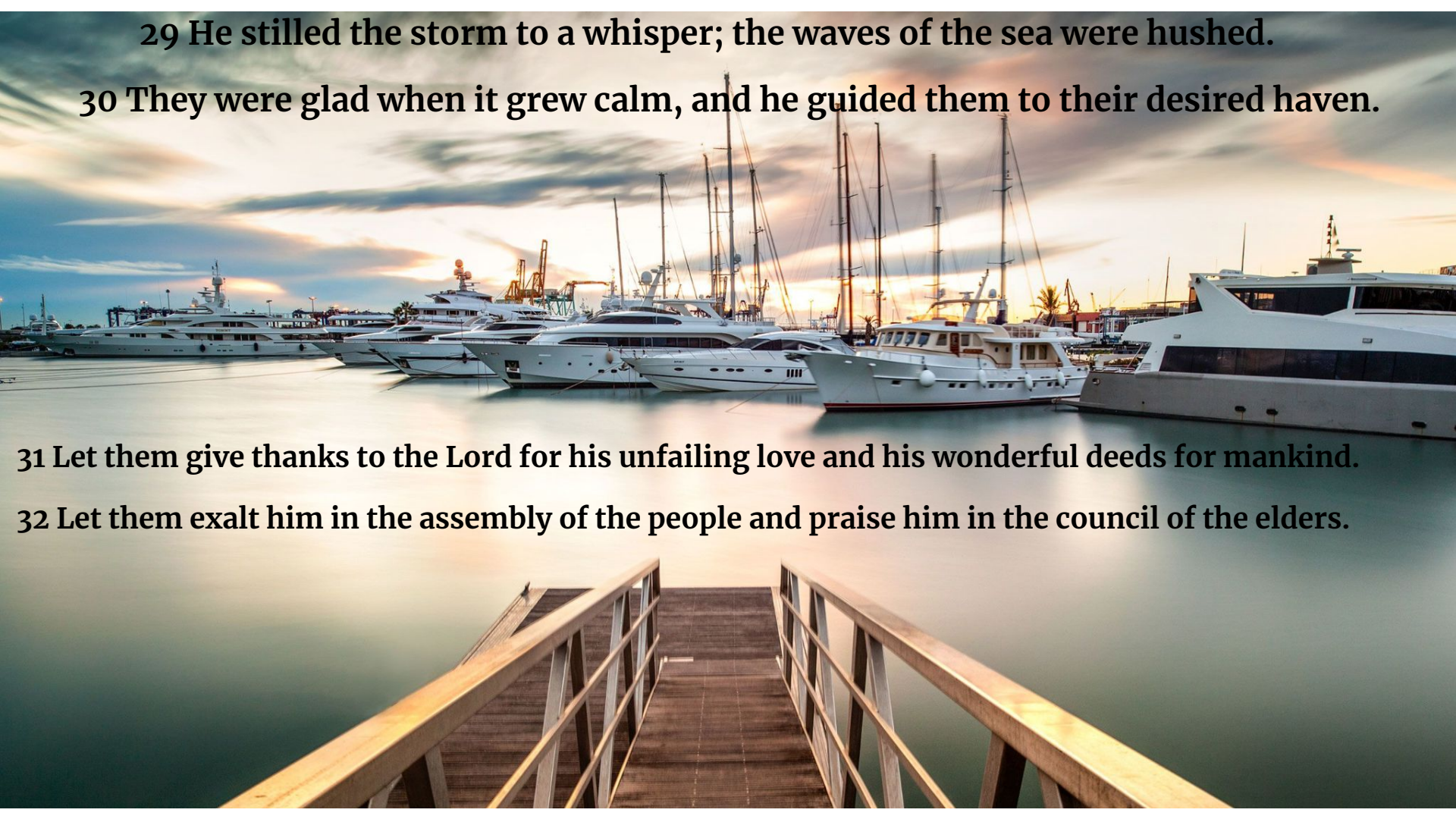


**29 He stilled the storm to a whisper; the waves of the sea were hushed.**

**30 They were glad when it grew calm, and he guided them to their desired haven.**

**31 Let them give thanks to the Lord for his unfailing love and his wonderful deeds for mankind.**

**32 Let them exalt him in the assembly of the people and praise him in the council of the elders.**













A colorful child-like drawing of a sunny day. At the top right is a bright yellow sun with orange rays. To the left is a pink butterfly with yellow spots. Below the sun and butterfly are several flowers: a large pink one, a smaller purple one, and a yellow one. The background is a light blue sky with white clouds, and the bottom is a green grassy field.

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TEACH

RECAPTURE

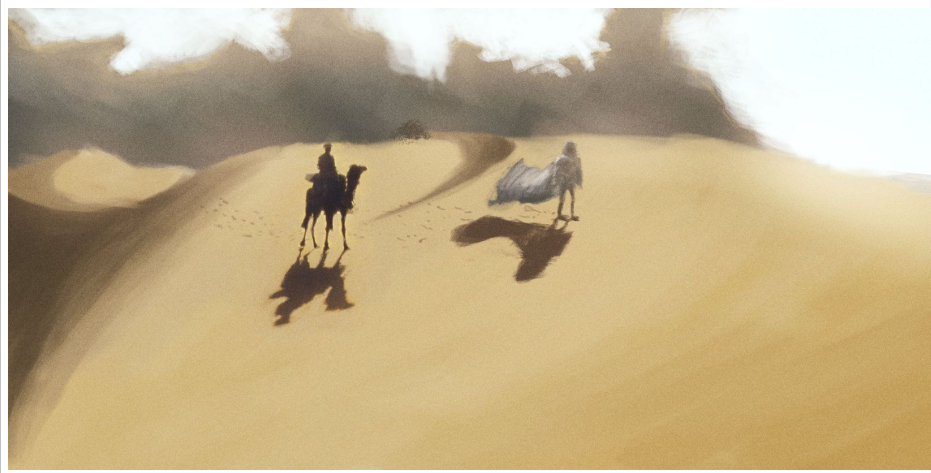
Missing, lost,  
stolen, discarded

HUMAN NEEDS

# What is the secret?

Is there a COGNITIVE LEARNING presented here?

Is there a SPIRITUAL PRACTICE to employ?



Look for the Common Refrains /  
Repeated Verses Found Throughout Each  
Situation



# desperate situation

6, 13, 19, 28

“then they cried to the Lord in their trouble,  
he saved them from their distress”

**CRY TO THE LORD IN YOUR TROUBLE**

# GOD INTERVENES

8, 15, 21, 31

“Let them give thanks to the Lord  
for his unfailing love and  
his wonderful deeds for mankind.”

**GIVE THANKS TO THE LORD FOR HIS LOVE + DEEDS**



But what do you do when  
it's not neat and tidy?

Why do bad things happen to good people?  
Why do good things happen to bad people?

**33** He turns rivers into a desert,  
springs of water into thirsty ground,  
**34** a fruitful land into a salty waste,  
because of the evil of its inhabitants.



**39** When they are diminished and brought low  
through oppression, evil, and sorrow,  
**40** he pours contempt *on princes*  
and makes them wander in trackless wastes;



**35** He turns a desert into pools of water,  
a parched land into springs of water.

**36** And there he lets the hungry dwell,  
and they establish a city to live in;

**37** they sow fields and plant vineyards  
and get a fruitful yield.

**38** By his blessing they multiply greatly,  
and he does not let their livestock diminish.

**41** but he raises up the needy out of affliction  
and makes their families like flocks.

**42** The upright see it and are glad,  
and all wickedness shuts its mouth.

43 Let the one who is wise  
heed / attend to these things  
and ponder / consider  
the loving deeds / steadfast love  
of the Lord.

Psalm 107 teaches us to

- a) **Cry to the Lord**
- b) **Give Thanks for his unfailing love and wonderful deeds**
- c) **Heed these things if we're wise**

**and...Entrust your life  
into the hands of  
an incredibly LOVING God.**

# Recovering from Grief and Loss

People get left behind

Good things are taken away from us, stolen

# Never a Dull Moment



Things get misplaced

No one asked for a  
global pandemic







# Romans 7:15-20

**15** I do not understand what I do. For what I want to do I do not do, but what I hate I do.

...**18b** For I have the desire to do what is good, but I cannot carry it out. **19** For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing.

**20** Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.

# Romans 12:2

**2** Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

# Isaiah 55:8-9

**8** “For my thoughts are not your thoughts, neither are your ways my ways,” declares the Lord.

**9** “As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.

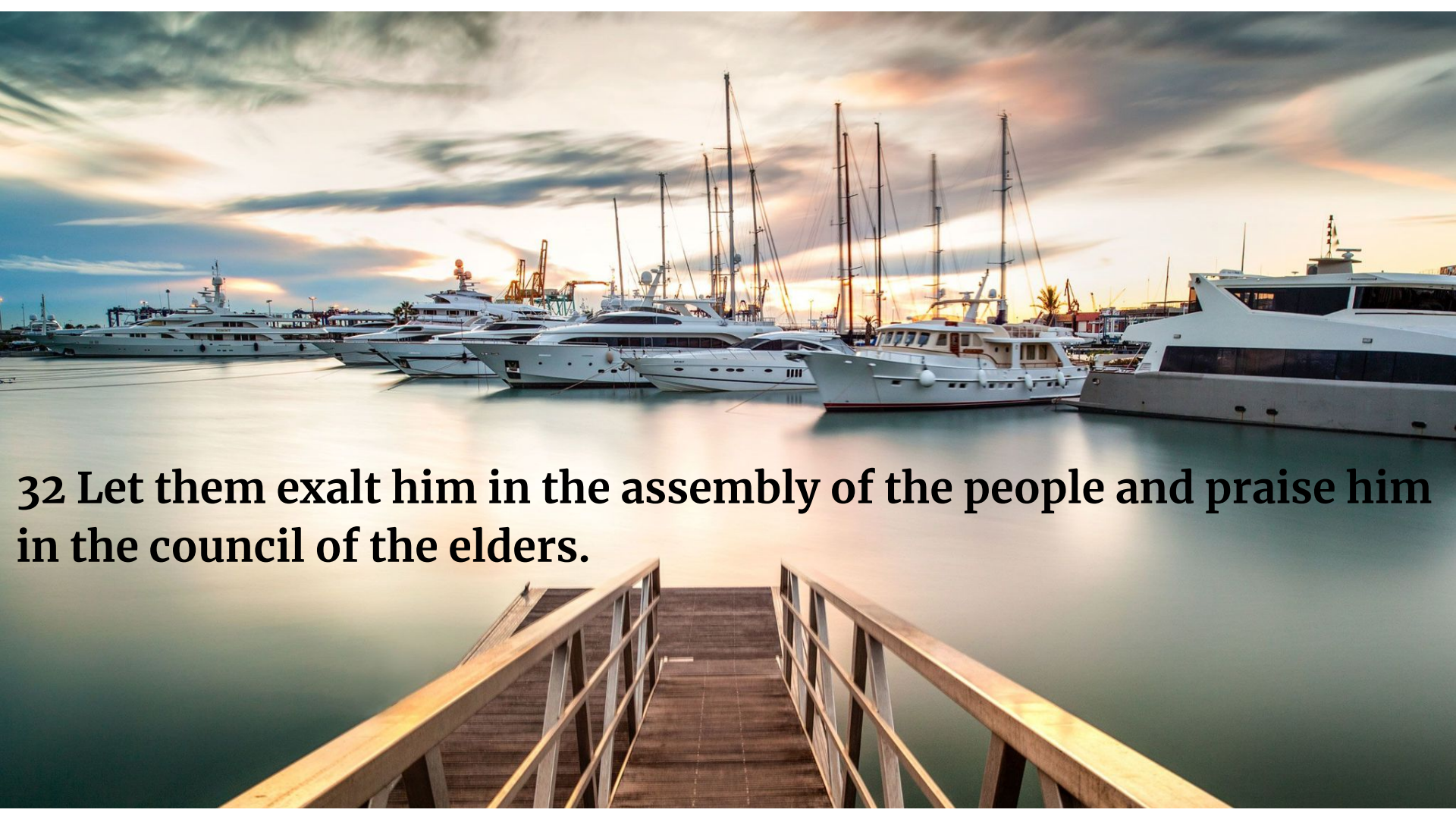
# Summer Series Action Step #1

## **2 Let the redeemed of the Lord tell their story—**

Find someone you don't know that well to swap stories with.

What have you gained? What have you lost?

Pray for each other.



**32 Let them exalt him in the assembly of the people and praise him  
in the council of the elders.**



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Let us pray

## ***Our PRAYER is:***

*God, TEACH US to recapture all of the good things you have for us. Many of these things we have once tasted in adolescence or experienced in early adulthood ... and we KNOW they're good. But sometimes, we are so good at picking BAD things.*

*Teach us to ACTIVELY RECAPTURE those valid needs we have and desire over the course of this summer, to RECOVER WELL from the stresses we've experienced during the past 15 months of life -- and maybe even longer. If there are things I can DO -- to take ahold of the JOY, PEACE, FREEDOM, REST that you have for us - Show me how to DO that!*

*Help me want good things once again. Help me partake of and seek out WISDOM and DELIGHT in your word. Help me learn how to PLAY again. How to REST better. How to CALM down after such a tough year. THANK YOU, GOD. THANK YOU FOR YOUR PRACTICAL DESIRE TO HELP us LIVE well, overcome Challenge, and experience HOPE once again. .*