



I can't do
IT ON
my own



Three attitudes that rob us of contentment:

1. **If you think that your trouble will last forever, then you will be defeated.**




Three attitudes that rob us of contentment:

2. If you think you deserve better, then you will be entitled.

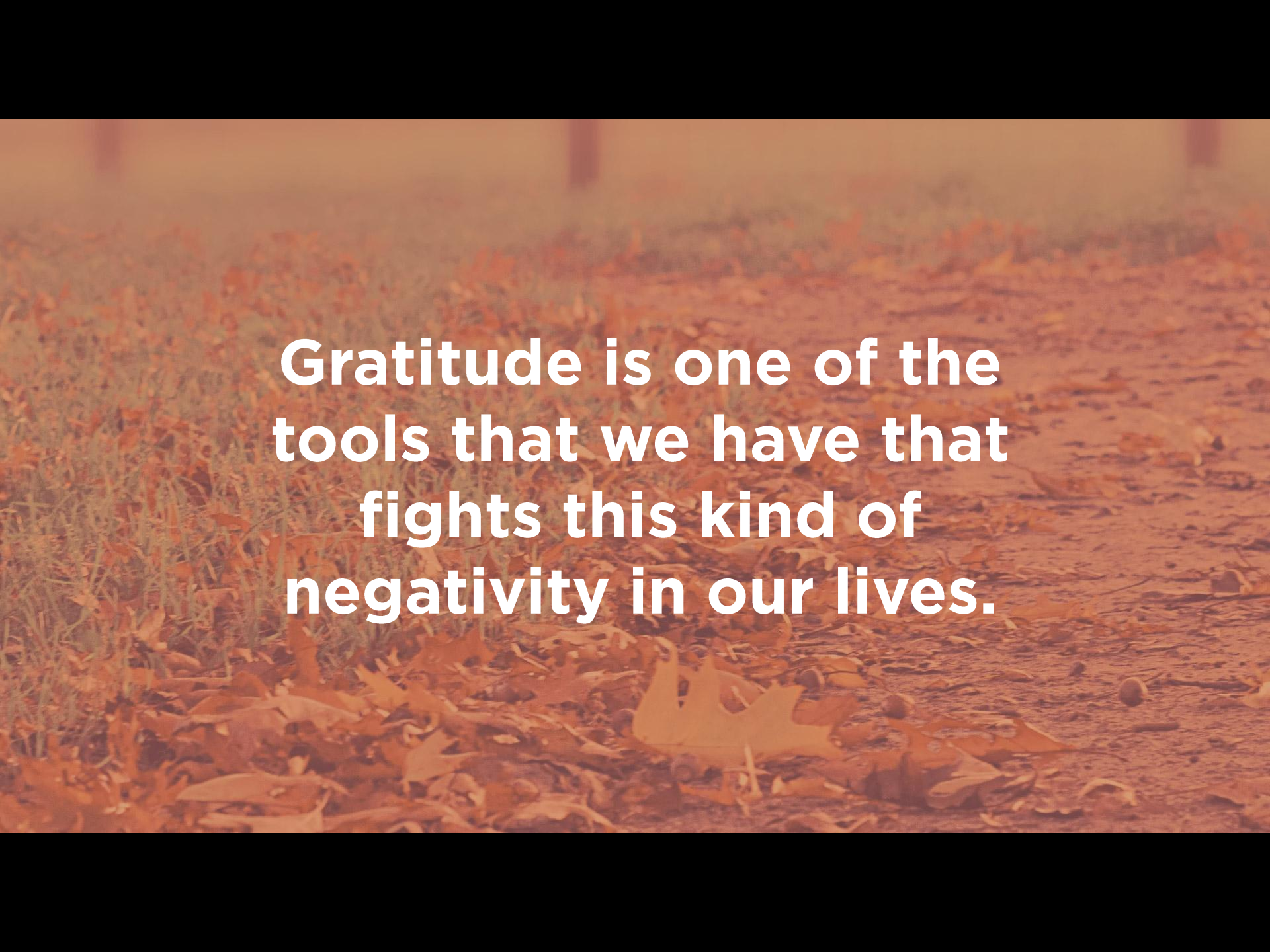


Three attitudes that rob us of contentment:


3. If you think you can do it yourself then you will be arrogant.



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**Gratitude is one of the
tools that we have that
fights this kind of
negativity in our lives.**



**Gratitude can transform even
the areas in your life that you
find to be most challenging
and in which you are the least
thankful.**



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Psalm 107:1-2

**Oh give thanks to the LORD, for he
is good, for his steadfast love
endures forever! Let the redeemed
of the LORD say so, whom he has
redeemed from trouble**

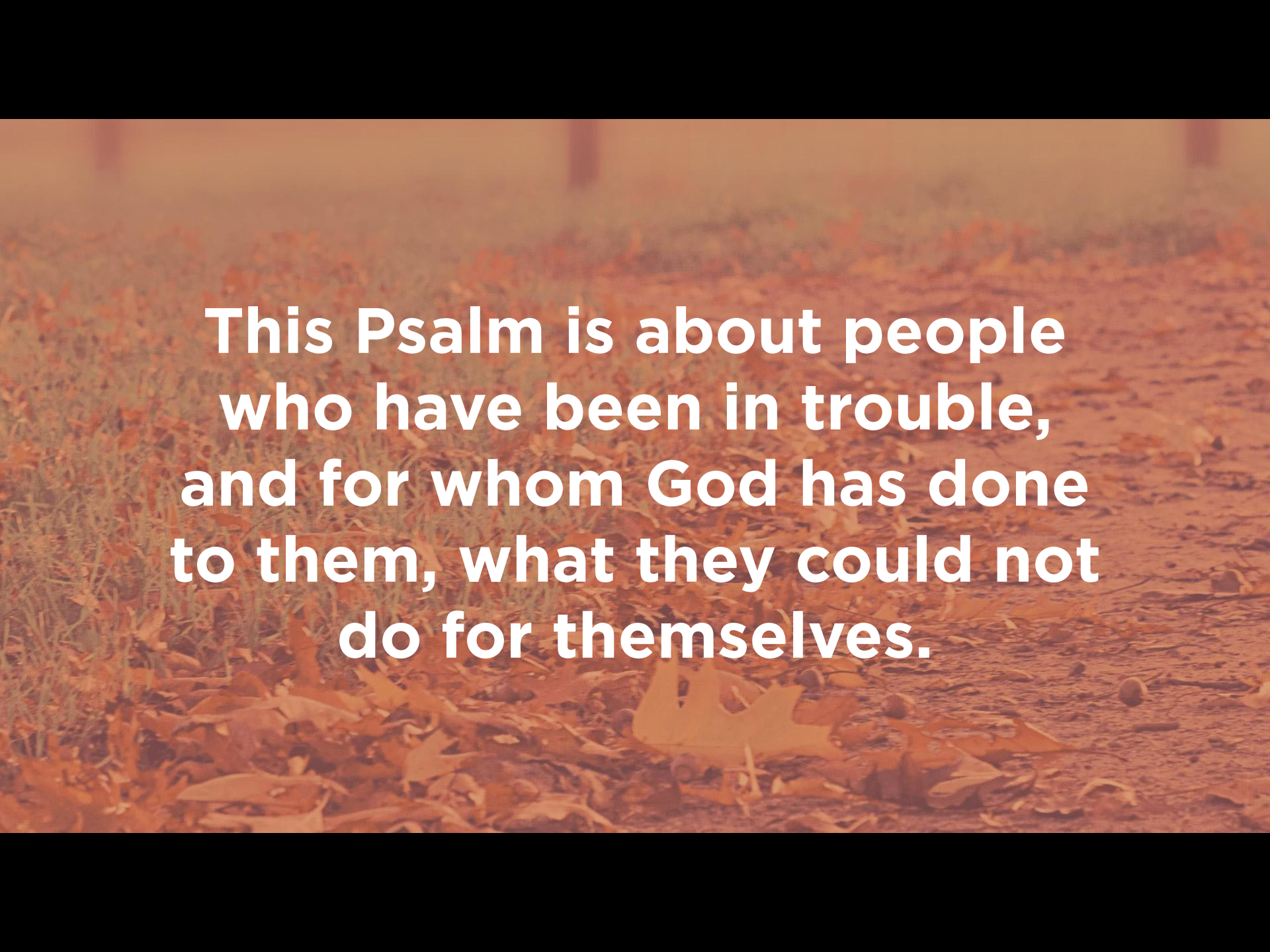


Psalm 107:3


**and gathered in from the lands,
from the east and from the west,
from the north and from the south.**



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**This Psalm is about people
who have been in trouble,
and for whom God has done
to them, what they could not
do for themselves.**



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The Pattern of Psalm 107:

Some people... struggle on their own.

Some people... cry to the Lord.

Some people... give thanks.



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**Perhaps you can identify with
1 or more of these conditions:**

- 1. Unsatisfied.**
- 2. Imprisoned.**
- 3. Self Destructive**
- 4. Overwhelmed.**



Psalm 107:4-5


**Some wandered in desert wastes,
finding no way to a city to dwell in;
hungry and thirsty, their soul
fainted within them.**

Psalm 107:6-7

Then they cried to the LORD in their trouble, and he delivered them from their distress. He led them by a straight way till they reached a city to dwell in.

Psalm 107:8-9

Let them thank the LORD for his steadfast love, for his wondrous works to the children of man! For he satisfies the longing soul, and the hungry soul he fills with good things.



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Psalm 107:10-11

Some sat in darkness and in the shadow of death, prisoners in affliction and in irons, for they had rebelled against the words of God, and spurned the counsel of the Most High.

Psalm 107:12-13

**So he bowed their hearts down
with hard labor; they fell down,
with none to help. Then they cried
to the LORD in their trouble, and
he delivered them from their
distress.**

Psalm 107:14-15

**He brought them out of darkness
and the shadow of death, and burst
their bonds apart. Let them thank
the LORD for his steadfast love, for
his wondrous works to the children
of man!**



Psalm 107:16

**For he shatters the doors of bronze
and cuts in two the bars of iron.**



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Psalm 107:17-18

Some were fools through their sinful ways, and because of their iniquities suffered affliction; they loathed any kind of food, and they drew near to the gates of death.

Psalm 107:19-20

Then they cried to the LORD in their trouble, and he delivered them from their distress. He sent out his word and healed them, and delivered them from their destruction.

Psalm 107:21-22

**Let them thank the LORD for his
steadfast love, for his wondrous
works to the children of man! And
let them offer sacrifices of
thanksgiving, and tell of his deeds
in songs of joy!**



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Psalm 107:23-24

**Some went down to the sea in
ships, doing business on the great
waters; they saw the deeds of the
LORD, his wondrous works in the
deep.**

Psalm 107:25-26

For he commanded and raised the stormy wind, which lifted up the waves of the sea. They mounted up to heaven; they went down to the depths; their courage melted away in their evil plight;

Psalm 107:27-28

**they reeled and staggered like
drunken men and were at their
wits' end. Then they cried to the
LORD in their trouble, and he
delivered them from their distress.**



Psalm 107:29-30

He made the storm be still, and the waves of the sea were hushed.

Then they were glad that the waters were quiet, and he brought them to their desired haven.

Psalm 107:31-32

Let them thank the LORD for his steadfast love, for his wondrous works to the children of man! Let them extol him in the congregation of the people, and praise him in the assembly of the elders.



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Psalm 107:43

Whoever is wise, let him attend to these things; let them consider the steadfast love of the LORD.

A photograph of a path covered in fallen autumn leaves, with a large maple leaf in the foreground. The scene is bathed in a warm, golden light, suggesting a late afternoon or early morning setting. The path leads into the distance, flanked by more fallen leaves and some green grass. The overall mood is peaceful and contemplative.

**Trouble doesn't last forever,
God's love does.**



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