

SERMON NOTES - This is My Testimony 1 - Say So

These notes are designed to be read along with the associated audio / video message

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

Your testimony is powerful and unique and it can affect you and those around you.

God requires us to “say so” when we have been redeemed (bought back) from the hand of the enemy.

Through the repetition of this phrase He shows that there are 4 categories of testimony: “Oh, that men would give thanks to the LORD for His goodness [*hesed*], And for His wonderful works to the children of men!” (vs 8, 15, 21, 31)

The various circumstances listed and categories described are:

1. **The wanderer** - vs having a Home
2. The **prisoner** - vs being free
3. The **sick** and weak - vs being whole
4. The **businessman** / sailor
Who can now navigate with the Lord’s help, and can overcome storms in business and life.

Testimonies:

- Reveal how God works
- Create an expectation of God working again
- Release His power into situations and into the lives who hear it
- Lift my my own faith & hope - Lam 3:20-24 NKJV — “**21 This I recall to my mind, Therefore I have hope.** ... They are new every morning; Great is Your faithfulness.”

INTRODUCTION:

Psalms 107:1-43 (NKJV) 1 Oh, give thanks to the LORD, for [He is] good! For His mercy [endures] forever. 2 Let the redeemed [*saved, rescued, bought back*] of the LORD say [so,] Whom He has redeemed from the hand of the enemy,

THE WANDERER

3 And gathered out of the lands, From the east and from the west, From the north and from the south. 4 They wandered in the wilderness in a desolate way; They found no city to dwell in. 5 Hungry and thirsty, Their soul fainted in them. 6 Then they cried out to the LORD in their trouble, [And] He delivered them out of their distresses. 7 And He led them forth by the right way, That they might go to a city for a dwelling place.

8 **Oh, that men** would give thanks to the LORD [for] His goodness, And [for] His wonderful works to the children of men!

9 For He satisfies the longing soul, And fills the hungry soul with goodness.

THE PRISONER

10 Those who sat in darkness and in the shadow of death, Bound in affliction and irons-- 11 Because they rebelled against the words of God, And despised the counsel of the Most High, 12 Therefore He brought down their heart with labor; They fell down, and [there was] none to help.

13 Then they cried out to the LORD in their trouble, [And] He saved them out of their distresses.

14 He brought them out of darkness and the shadow of death, And broke their chains in pieces.

15 **Oh, that men** would give thanks to the LORD [for] His goodness, And [for] His wonderful works to the children of men!

16 For He has broken the gates of bronze, And cut the bars of iron in two.

THE SICK

17 Fools, because of their transgression, And because of their iniquities, were afflicted. 18 Their soul abhorred all manner of food, And they drew near to the gates of death. 19 Then they cried out to the LORD in their trouble, [And] He saved them out of their distresses. 20 He sent His word and healed them, And delivered [them] from their destructions.

21 **Oh, that men** would give thanks to the LORD [for] His goodness, And [for] His wonderful works to the children of men!

22 Let them sacrifice the sacrifices of thanksgiving, And declare His works with rejoicing.

THE BUSINESSMAN

© Lighthouse Church 2023

23 Those who go down to the sea in ships, Who do business on great waters, 24 They see the works of the LORD, And His wonders in the deep. 25 For He commands and raises the stormy wind, Which lifts up the waves of the sea. 26 They mount up to the heavens, They go down again to the depths; Their soul melts because of trouble. 27 They reel to and fro, and stagger like a drunken man, And are at their wits' end. 28 Then they cry out to the LORD in their trouble, And He brings them out of their distresses. 29 He calms the storm, So that its waves are still. 30 Then they are glad because they are quiet; So He guides them to their desired haven.

31 **Oh, that men** would give thanks to the LORD [for] His goodness, And [for] His wonderful works to the children of men!

32 Let them exalt Him also in the assembly of the people, And praise Him in the company of the elders.

CONCLUSION

42 The righteous see [it] and rejoice, And all iniquity stops its mouth. 43 Whoever [is] wise will observe these [things,] And they will understand the lovingkindness of the LORD.

The root meaning of Hebrew word testimony means "repeat, do it again."

Things to avoid:

- DON'T be **P**reachy, **P**retend, **P**roud
- DO **R**elate the story, be **R**eal, **R**eflect His glory rather than taking glory for yourself.

The Elements of a testimony:

1. Before - what was your life like before God helped you?
2. During - How did God help you? What happened?
3. After - since God's help in your life what is your life now like and how is better?

OTHER VERSES USED:

Jas 3:4-6 - The power of the tongue

Luk 24:35-36 - the power of the testimony of the two men who met Jesus on the road to Emmaus

Psa 103:20 NKJV - "20 Bless the LORD, you His angels, Who excel in strength, who do His word, Heeding the voice of His word."

1Th 5:18 NKJV - "18 in everything give thanks; for this is the will of God in Christ Jesus for you."

Heb 11:10, 16 - Abraham looked for a real city built by God

Heb 12:22-24 - we have found God's city

Rom 6:16 ... you are slaves whom you obey

1Co 10:31 NKJV - "31 Therefore, whether you eat or drink, or whatever you do, do all to the glory of God."

2Co 2:14-16 NKJV - "14 Now thanks be to God who always leads us in triumph in Christ, and through us diffuses the fragrance of His knowledge in every place. 15 For we are to God the fragrance of Christ among those who are being saved and among those who are perishing. 16 To the one we are the aroma of death leading to death, and to the other the aroma of life leading to life. And who is sufficient for these things?"

Small group discussion guidelines

Remember that the aim of the small group is to foster discussion and community, rather than for the leader or one individual to preach to everyone.

1 - Often an **Icebreaker question** is a great way to start discussion. You could ask a question like:

- What were the highs or lows of your week?
- What is your earliest memory?
- If you had to describe yourself as one animal, what would it be and why?
- What is your favourite type of holiday destination?

2 - Next, **read the passage**. You can ask various people in the group to help by each reading a portion of the passage.

3 - These are the **main questions** to ask to understand the passage:

- What is the main message of this talk / passage?
Allow discussion and even diverging from the main topic if it is helpful.
- What did you find particularly helpful or challenging?
- What did you not fully understand?
- What can we do **PRACTICALLY** in response to this teaching?

4 - Close by offering **prayer** for each person.

- Ask, "how can we pray for you / each other now?"
- Ask each person to pray or you, as leader, pray for each person's need

The blessing and opportunity in Small Groups is the possibility for...

- Each person to contribute and/or ask questions,
- People to pray for each other and to ask for prayer,
- People to learn to use and grow in their gifts,
- Community, friendship and intimacy in relationships.

God Bless you in this very important ministry.