

# God's Faithfulness

## SESSION 8

**Psalm 105:1-11,42-45**

**Memory Verse: Psalm 105:1-2**

**God deserves our worship because of His faithfulness toward His people.**

Scholars deserve to be honored for their academic pursuits. Research projects demand initiative and diligence. Also, business leaders who have excelled in the corporate world deserve to be recognized for their successes. Growing a business requires hard work and a willingness to take risks with a dream. Military personnel also deserve our respect, as do law enforcement and medical professionals.

While these and other leaders deserve recognition for their achievements, God alone deserves our worship. When we worship Him, we see ourselves as we really are to Him, and we see Him as He really is to us. While we applaud the success of others, we worship God alone because He's faithful. As you dig into this session from Psalm 105, evaluate your worship. Ask God to help you give Him the worship He deserves and to guide you as you challenge adults to worship Him as well.



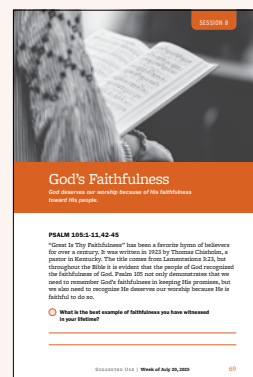
### ***Weekly Podcast: Group Leader Training***

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“Great Is Thy Faithfulness” has been a favorite hymn of believers for over a century. It was written in 1923 by Thomas Chisholm, a pastor in Kentucky. The title comes from Lamentations 3:23, but throughout the Bible it is evident that the people of God recognized the faithfulness of God. Psalm 105 not only demonstrates that we need to remember God’s faithfulness in keeping His promises, but we also need to recognize He deserves our worship because He is faithful to do so. (PSG, p. 69)

**What is the best example of faithfulness you have witnessed in your lifetime?**



## Understand the Context (Psalms 105–106)

Psalms 105–106 serve well as examples of hymns. Psalms in this category supply worshipers with expressions of praise and thanksgiving. They enable God’s people to shout and sing out loud that He’s worthy of our worship.

Studying these two psalms together would be beneficial because they get at the heart of the same truth, but in different ways. Taken together, they help worshipers declare God’s faithfulness. Psalm 105 directs worshipers to affirm God’s faithfulness to His people from one generation after another. Psalm 106 points to the painful reality that God’s people can be unfaithful to Him. Even so, He never stops being faithful to us.

Psalm 105 provides a series of short accounts from the history of God’s people that demonstrate His loyal love for them. After calling His people to worship, the psalmist pointed his readers to the early days of their relationship with Him. The account included a reminder about God’s covenant with Abraham, Isaac, and Jacob. It also reviewed Joseph’s life in Egypt and God’s leadership in freeing His people from slavery (vv. 1–25).

From there, the psalmist highlighted God’s hand on the lives of Moses and Aaron. He enabled these brothers to lead Israel through the wilderness to the promised land (vv. 26–41). Through them, He instructed the nation to take His commands seriously. Obedience would nurture a growing relationship with Him that would be characterized by joy (vv. 42–45).

Psalm 106 offers a stark contrast. It’s a summary of the disturbing ways in which God’s people kept on being unfaithful to Him. The psalmist began with a call to worship God because He had been loyal to care for His people so they could flourish (vv. 1–5). Unfortunately, His people responded to His faithfulness by being unfaithful to Him.

The psalmist provided a brief list of ways in which they had not been loyal to Him, beginning with their questions of His leadership at the Red Sea (vv. 6–12). Before He parted the waters so they could escape from the Egyptian army, they demonstrated unfaithfulness by protesting His actions. However, once He led them to safety by parting the water, they sang praises to Him.

The psalmist went on to cite other instances of Israel’s lack of loyalty to God. Even so, He reflected His loyal love by leading them to the land of Canaan in keeping with His promise to Abraham. Not long after they settled in the promised land, they gave in to the temptation to worship pagan idols. Yet, He did not give up on them (vv. 13–46). For that reason, He alone deserved their worship (vv. 47–48).

**As you read Psalm 105:1–11, 42–45, highlight the ways God demonstrated His faithfulness to His people. What was the proper response of the people to God’s faithfulness? (PSG, p. 70)**



**INTRODUCE:** Prior to the session, research facts about the geyser called “Old Faithful” ([yellowstonepark.com](http://yellowstonepark.com)). As adults arrive, share that information with the group and briefly discuss why the geyser had earned that name.

**ASK:** **What is the best example of faithfulness you have witnessed in your lifetime?** (PSG, p. 69)

**READ:** Direct the group to read the introductory paragraph on page 69 of the PSG.

**DISCUSS:** Enlist a volunteer to read Lamentations 3:23 and review what it says about God’s faithfulness. Facilitate a brief discussion about the importance of God’s faithfulness in our lives, as well as our faithfulness to Him.

**TRANSITION:** *Lamentations 3 is not the only Bible passages that focuses on God’s faithfulness. As you might expect, many of the psalmists also reminded readers of God’s abundant goodness and loyalty. Today’s study in Psalm 105 calls us to praise God’s faithfulness and to remember how He has kept His promises to His people across the ages.*

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## Group Activity Option

### Music

Secure copies of the lyrics for “Great Is Thy Faithfulness” (*Baptist Hymnal*, 2008, No. 96) and “Find Us Faithful” by Steve Green. Display a coin and share that every coin has two sides. Note that just like a coin, our walk with God has two sides. Say: *We know that God is always faithful, but we are called to respond by being faithful to Him.* Either share the lyrics for both songs with the group or play recordings. (Note: “Great Is Thy Faithfulness” could be used to supplement Engage, while “Find Us Faithful” could supplement Challenge on page 90 of the Leader Guide.)

## Call to Worship (Ps. 105:1-6)

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**1** Give thanks to the LORD, call on his name; proclaim his deeds among the peoples. **2** Sing to him, sing praise to him; tell about all his wondrous works! **3** Boast in his holy name; let the hearts of those who seek the LORD rejoice. **4** Seek the LORD and his strength; seek his face always. **5** Remember the wondrous works he has done, his wonders, and the judgments he has pronounced, **6** you offspring of Abraham his servant, Jacob's descendants—his chosen ones.

**(v. 1) The LORD:** God alone deserves our worship. Therefore, the psalmist used the Hebrew word (*Yahweh*) to identify Him as the one true God who reigned over everything (Ps. 93:1-2; Isa. 52:7). In addition, his call to worship centered exclusively on His presence among His people. For them, He stood completely apart, enthroned on their praises (see Ps. 22:3). This call to worship God included both acknowledging the glory of who He is and thanking Him for **His deeds among the peoples**.

**(v. 2) Sing to Him:** The worshiping community had been prompted to **sing** as they came into His presence (Ps. 100:2). In ancient Israel, singing played a vital role in worshiping the Lord. Songs gave a voice to the eagerness and anticipation growing in the hearts of the worshipers. Singing about Him helped them to worship, but singing praises directly to Him inspired them even more.

With songs to Him on their lips, they could testify to His **wondrous works** among them. For instance, God's people testified to what they witnessed at the Red Sea. The Lord parted the waters for them so they could make their way to safety in the wilderness (Deut. 4:32-39).

**(v. 3) His holy name:** Testifying about God's incredible actions would give way to honoring Him for how He revealed Himself to His people. The psalmist's perception of God as **holy** moved him to give God glory and exalt Him wholeheartedly. The Lord remained completely separate from the lifeless idols that the pagan people in the neighboring nations worshiped. Focusing on His **name** emphasized the holiness of His character. Therefore, the hearts of His worshipers would be stirred to **rejoice** as they entered His presence.

**(v. 4) Seek the LORD:** For God's people, meaningful worship involved gathering with others at a particular time and place to focus on Him.

However, it also included the discipline of personal worship. Such a lifestyle of personal worship placed a high priority on pursuing Him every day. Their confidence in Him grew as their efforts to **seek the LORD** became a regular feature of their lives. For that reason, the psalmist encouraged his readers to pursue His **strength** and His **face**.

**(v. 5) Remember:** God's people ran the risk of forgetting everything He had done for them. To diminish the risk, the psalmist challenged the Israelites to recall them intentionally. For example, refreshing their memories about His actions on their behalf in Egypt would renew their trust in Him.

In those days, He commissioned Moses to lead them from Egyptian bondage. He also sent supernatural plagues against Egypt (Ex. 4:21; 7:3-9; 11:9-10). Those plagues served to reflect His judgment and bring Him glory (6:6; 7:1; 12:12).

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### Key Doctrine

#### Man

Only the grace of God can bring man into His holy fellowship and enable man to fulfill the creative purpose of God. (See Ephesians 2:1-10; Colossians 1:21-22.)

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**(v. 6) His chosen ones:** Having pointed to the Lord as the proper object of worship, the psalmist shed light on the worshipers themselves. They were Abraham's **offspring** and Jacob's **descendants**. Just as important, he referred to **Abraham** as a **servant** of the Lord. Abraham obeyed the Lord by leaving his home and settling in Canaan. There God made a covenant with Abraham (Gen. 12:1-3), which He later confirmed to Abraham's son, Isaac, and to his grandson, Jacob (Ex. 2:24; Deut. 9:27). He declared that Abraham's entire family belonged to Him (Deut. 7:6-9).

EXPLORE Psalm 105:1-6



**APPLICATION POINT:** Believers should be ready to tell others of what God has done.

- OVERVIEW:

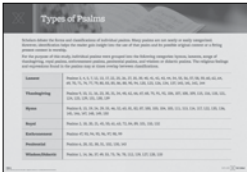
Using Understand the Context (PSG, p. 70) note things to consider when studying Psalms 105–106. Display **Pack Item 2** (Poster: *Types of Psalms*), noting that Psalm 105 is a hymn of praise. Share that this type of psalm is a call to praise God, usually giving reasons why He deserves our worship.
- READ:

**Read aloud Psalm 105:1-6** as the group listens for imperatives related to worship. Guide the group to name these commands. As they share, record their responses on the board.
- ASK:

**Which of the imperatives found in these verses come easy to you? Which are more challenging?** (PSG, p. 73)
- DISCUSS:

Direct attention to **Pack Item 5** (Poster: *Key Verse: Psalm 105:1-2*). Lead a brief discussion about how these verses describe worship and believers’ responsibilities in worship. Note that these are the memory verses for this session. Read the verses aloud as a group two or three times. Encourage adults to continue working to memorize them during the week ahead.
- HIGHLIGHT:

Direct attention to the application point for these verses. Emphasize that one reason we praise God’s character and recall what He has done for us is to tell others about Him. Challenge adults to seek ways they can testify to God’s great works sometime in the next few days.



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Group Activity Option

**Art**  
Distribute paper and markers to teams of two to four people. Direct each team to design a poster that would illustrate the worship imperatives in Psalm 105:1-6. As an alternate idea, attach a large sheet of paper on the wall and lead the group to create a graffiti wall based on Psalm 105:1-6. Allow time for teams to share and review the artwork.



## Covenant Made (Ps. 105:7-11)

**7** He is the LORD our God; his judgments govern the whole earth. **8** He remembers his covenant forever, the promise he ordained for a thousand generations—**9** the covenant he made with Abraham, swore to Isaac, **10** and confirmed to Jacob as a decree and to Israel as a permanent covenant: **11** “I will give the land of Canaan to you as your inherited portion.”

**(v. 7) His judgments:** In God’s relationship with His people, He gave personal attention to them through His wise **judgments**. As a result of the judgments that He rendered, He brought salvation to the people who devoted themselves to Him. However, anyone who lived in rebellion against Him could count on being accountable to Him.

As they aligned their lives to His ways, His people welcomed His judgments. They rejoiced over these commands because a godly lifestyle nourishes righteousness (Isa. 26:9-10), which leads to God’s blessings. Of course, God did not limit the reach of His judgments to Israel. In His sovereignty, the Lord reigns over **the whole earth**. As such, anyone who honored His judgments experienced His grace and favor.

### Key Word

#### Covenant

Establishing a **covenant** meant making a promise or establishing an agreement. And only a sovereign God could take the initiative to institute an enduring covenant with His people. And, while ancient covenants typically put responsibilities on both sides of the agreement, God’s covenant to His people was unilateral. He promised to bless them simply because they were His people.

Many times in the ancient world, a covenant would be sealed when the parties cut an animal in half and walked between the portions. This served as a warning about the fate of anyone who decided to break the promise. Of course, God would never abandon His covenant. A **thousand generations** of His people could verify that He always kept His word (Ex. 34:7; Deut. 5:10).

**(v. 9) Abraham:** Initially, God established His covenant with Abram (Abraham). According to Genesis 12:1-3, God called him to leave his home country and move into a new land. He promised

Abram that he would become a great nation. In turn, that blessed nation would bless everyone in the world. Abraham obeyed God’s call and followed His leadership, and God repeatedly demonstrated His commitment to honor His covenant (Gen. 13:14-18; 15:18-21; 17:1-21).

**(v. 9) Isaac:** When God made His covenant, Abram had no children. In fact, his wife, Sarai (Sarah), was barren and both were past normal child-bearing years. This raised the question of how God would use him to build a nation when having children seemed impossible.

Abram brought nothing to the covenant except a willingness to trust God and obey Him. Still, God honored Abram’s faith with a miraculous intervention. He confirmed His covenant by providing a son named **Isaac**. Later, after his father’s death, Isaac received a renewal of the covenant promise from God (Gen. 26:23-25).

**(v. 10) Jacob . . . Israel:** Isaac’s son, **Jacob**, became the next member of Abraham’s family to receive the covenant. Absolutely nothing in God’s heart had changed. But Jacob also received a new name from the Lord: **Israel** (35:9-12). Jacob’s new name called to mind a person who struggled with God. It also came to be the name of the nation that had come from Abraham.

**(v. 11) Canaan:** Through the psalmist, God called attention to His covenant with Abraham and his descendants. Across the centuries that followed, the Israelites could trace the fulfillment of His promise. In fact, they were living in the specific territory that God promised (13:15). This is what made **Canaan** the “promised land.”

As the psalmist noted, Israel’s history was a testimony to God’s sovereignty and power. Every step of the way, the Lord was in control and working things out for His plans and purposes. Believers can still praise Him for His sovereign control over human affairs.

## EXPLORE Psalm 105: 7-11



**APPLICATION POINT:** Believers can praise God for His sovereignty over all things.

**READ:**

**Invite a volunteer to read Psalm 105:7-11** while the group identifies a shift in focus from Psalm 105:1-6.

**RECAP:**

Summarize the following information for verse 7 (PSG, p. 74):  
“The main body of this psalm begins with a declaration of faith: He is the LORD our God. The psalmist recognized that the Lord is not a localized, national deity who has authority only within the confines of its borders, like the pagan nations believed about their gods. Rather, the Lord God of Israel has all authority and his judgments govern the whole earth. Therefore, wherever the people of God are, they are under God’s rule and in His domain. What’s more, He is always near to them.”

**GUIDE:**

Direct adults to scan the content for verses 8-11 (PSG, pp. 74-75) and to identify key ideas related to God’s covenant with Abraham’s family. After a few minutes, allow volunteers to share.

**ASK:**

**How does an understanding of God’s sovereignty influence your faith?** (PSG, p. 75)

**TRANSITION:**

*The remaining verses of Psalm 105 highlight various ways God faithfully kept His promises. While these verses trace the history of the Israelites, they also are a call to remember. Remembering God’s works should be part of our worship.*

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### Group Activity Option

#### Object Lesson: Photo Album

Display a photo album that contains several pictures of special people, pets, vacation places, or events in your life. Direct the group to respond to the following questions: ***When was the last time you took a “selfie” to remember a special time? Is it still on your phone? Why is it important to remember special times in our spiritual lives?***

## Covenant Fulfilled (Ps. 105:42-45)

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**42** For he remembered his holy promise to Abraham his servant. **43** He brought his people out with rejoicing, his chosen ones with shouts of joy. **44** He gave them the lands of the nations, and they inherited what other peoples had worked for. **45** All this happened so that they might keep his statutes and obey his instructions. Hallelujah!

**(v. 42) He remembered:** The psalmist provided a brief account of God's leadership of His people as they made their way to the land that He promised them. Across long centuries, God never forgot His covenant with Israel. In fact, the Hebrew wording suggests keeping something in mind, rather than recalling something that was forgotten. The psalmist affirmed that God's actions toward Israel were always based on His covenant with them. It served as a filter for His interaction with His people.

**(v. 42) His holy promise:** The Hebrew term for **holy** (*qades*) suggests being separated. In the context of God's relationship with His people, it also carries the connotation of being dedicated. For example, God used the term to declare that Israel had been dedicated to Him (Ex. 19:6).

His **promise** to Israel regarding the land of Canaan bore the distinguishing mark of His gracious devotion to Abraham. The living God who reigned with sovereignty over everything made a solemn promise to His servant, Abraham (Gen. 17:9-15). The call of Moses centuries later verified the Lord's devotion to His promise (Ex. 2:24; 3:16). He was still determined to keep His word.

**(v. 43) With rejoicing:** Unparalleled **rejoicing** in the hearts of the Israelites sprang up after their miraculous escape from Egypt. They knew for certain that God had delivered them, as evidenced by the miracle He performed at the Red Sea (Ex. 14:5-31). Their panic gave way to **shouts** of awe and wonder as they crossed the Red Sea to the safety of the wilderness. Moses led them to rejoice with his song of gratitude to God for saving their lives (15:1-19).

**(v. 44) They inherited:** God fulfilled His promise to the Israelites and gave them the land of Canaan as an inheritance. However, pagan nations inhabited the land. When He called Abraham, ten nations occupied the land. When He called Joshua to lead the conquest centuries later, seven

nations lived there (Josh. 3:10). The presence of the pagan nations did not prevent God from keeping His promise to Israel. He blessed His people and made sure they **inherited** all He had for them (Deut. 6:10-12; Josh. 5:10-12). They were able to live in houses they had not built and eat food they had not planted. In a nutshell, the psalmist noted, the children of Israel enjoyed the benefits of **what other peoples had worked for**.

**(v. 45) Keep his statutes:** The psalmist noted that God had a larger purpose when He established His covenant with Abraham, and that purpose did not change once He fulfilled His promise and granted Israel its inheritance. Ultimately, He intended for Israel to grow spiritually as His people.

In their relationship with Him, the Israelites could flourish as a nation only when they obeyed His **statutes**. Growing spiritually meant taking His law seriously and living according to His ways. Obeying His instructions with grateful hearts would strengthen their faith and nourish their joy as they served Him in the generations to come (2 Kings 17:37).

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### Key Word

#### Hallelujah

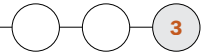
The term (*halal**yah*) also can be rendered "praise the LORD" in the Hebrew language. It actually connects the word for praise to the most distinctive name for God. This unique Hebrew wording happens to be pronounced the same way in a variety of languages. Consequently, believers around the world use this same unique term to express wholehearted praise to God.

It appeared for the first time in Psalm 104:35 and again in this verse. The New Testament equivalent is used four times in Revelation 19:1-6.

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## EXPLORE Psalm 105:42-45



**APPLICATION POINT:** God's past faithfulness motivates believers to trust Him and obey Him.

**READ:**

**Invite a volunteer to read Psalm 105:42-45** while the group listens for the actions God took and how He expects His people to respond to Him.

**ASK:**

**How did God provide for the Israelites? How did the people respond to God's promise?**

**EXPLAIN:**

Note that the definition of grace is getting a blessing we don't deserve—and escaping a punishment we do deserve. Highlight God's actions as acts of grace. Read the application point for these verses. Emphasize that God's people should always respond to His faithful grace with trust and obedience.

**ASK:**

**Why is it important that God has made and keeps significant promises to His people?** (PSG, p. 76)

**RECAP:**

Share the following from page 76 of the PSG: *The psalmist concluded with two important declarations. First, everything God did for Israel was so that they would keep his statutes and obey his instructions. In response to His faithfulness to them, God expected them to be faithful to Him. Second, the final word is the plural imperative exhorting the people to praise the Lord, Hallelujah! How could they not, given the faithfulness of their Lord to them?*

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### Group Activity Option

#### Bible Skill

Encourage adults to work in pairs to review the Bible Skill activity (PSG, p. 76). Explain that Psalm 105 focuses on God's covenant with His people. Direct adults to read and reflect on the Bible passages in the activity and to record any insights they gain in the margin of the PSG. After a few minutes, review what these verses reveal about God.

## CHALLENGE

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- SUMMARIZE:** Review these points from Apply the Text on page 77 of the *Personal Study Guide*:
- *Believers should be ready to tell others of what God has done.*
  - *Believers can praise God for His sovereignty over all things.*
  - *God's past faithfulness motivates believers to trust Him and obey Him.*
- REVIEW:** Briefly review the imperatives found in verses 1-6.
- DISCUSS:** Allow some volunteers to respond to the first set of questions on page 77 of the PSG. Challenge adults to find ways they can proclaim God's awesome works to those who need to hear them. (Note: Review the lyrics to "Find Us Faithful" if you used the Music option on page 83 of the Leader Guide.) Encourage them to talk with God about obstacles or fears that might hold them back.
- IDENTIFY:** Read the second set of questions on page 77 of the PSG. Challenge adults to use these questions as prayer prompts during the coming days.
- PRAY:** Direct attention to **Pack Item 5** (*Poster: Key Verse: Psalm 105:1-2*). Pray the verses together as a group. Close with a prayer thanking God for His faithfulness.

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## After the Session

Send each adult in the group a text or email to connect with them during the week. Encourage them to share something God has done for them with at least one person this week. Recount a personal experience when you were able to tell someone what Jesus has done in your life during the week, as well as any words of praise or prayer. Urge them to respond to God's eternal faithfulness by trusting Him and obeying Him each day.

## ADULT COMMENTARY



Want to go deeper in your study?  
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insights related to the key passages.  
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