



Lesson 7 | **October 17, 2021**

I Shall Be Released

Psalm 107:1-9, 39-43

When we are in trouble, we seek deliverance. Once delivered, how should we respond? Psalm 107 encourages us to be thankful to God for His deliverance. In the contemporary scenario, Cynthia will show us how she reached out to God and others to help her when she hit rock bottom.

Cynthia was making good money on her job. She and her husband were enjoying life as empty-nesters—vacationing and loving the middle-aged years! Cynthia remarked to a church member that she loved God, her family and singing in the choir. But when Cynthia began making quick stops at the downtown casino that recently opened near her job, things began spiraling out of control. First, she went for lunch at the casino cafeteria, but Cynthia’s friends convinced her to play one game on the slot machine. A year later, Cynthia was heavily addicted to gambling. She would gamble her entire paycheck away and then she began to blow through her retirement fund. Cynthia thought if she tried harder, she could win the money back. Even with her husband giving an ultimatum, Cynthia did not stop gambling. Eventually Cynthia hit rock bottom—alone and broke. She reached out to God and a close church member to help her.

The church member was godsent. Cynthia claimed, “I shall be released!” She and the church member prayed together regularly. Cynthia went for counseling and was eventually released from the addiction. Cynthia realizes that she could not have done this alone. She thanks God for deliverance and for the church member who helped her confidentially walk through this situation. Cynthia’s relationship with her family has been restored. She now finds peace volunteering with abuse and recovery organizations to help others struggling with a gambling addiction.

Discussion Questions/Statements:

1. Describe a time when you tried to pull yourself up by your own bootstraps. When did you realize that you needed help?
2. Describe your gratitude for a God who can deliver us from situations when we feel powerless.
3. Without mentioning names, share a time that you prayed for someone who needed God’s deliverance.