Do you find it easy or hard to be thankful? Why?



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List 3 things you are thankful for right now

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Is there someone you can thank for these things? If so, who?

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Some of the psalms are *Thank You* psalms which thank God for lots of different things.

Often the psalm writers remember hard times and say thank you to God for helping them through.

Psalm 30 is a good example.

*Here is verse 1:*

I praise you, Lord, because you have saved me  
    and kept my enemies from gloating over me.

*(Quick check: What does gloating mean?)*

In other Psalms the writers just say thank you for what God has done for them!

**PSALM 138 v1-3 (The Message)**

**DISCUSS:**

1. **What is the writer of Psalm 138 thankful for?**

2. **How many times does “Thankyou” appear in these verses?**

3. **Why do you think this is?**

-Thank you! Everything in me says

“Thank you!”  
    Angels listen as I sing my thanks.  
I kneel in worship facing your holy temple  
    and say it again: “Thank you!”  
Thank you for your love,  
    thank you for your faithfulness;  
Most holy is your name,  
    most holy is your Word.  
The moment I called out, you stepped in;  
    you made my life large with strength.

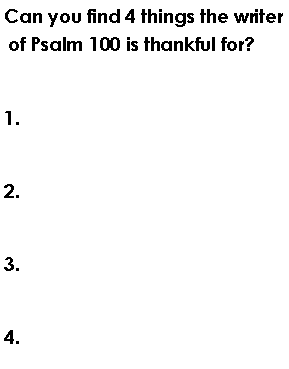
Psalm 100 (CEV)

1 Shout praises to the Lord,  
    everyone on this earth.  
2Be joyful and sing  
as you come in to worship the Lord!

3You know the Lord is God!  
He created us,  
    and we belong to him;  
    we are his people,  
    the sheep in his pasture.

4Be thankful and praise the Lord  
    as you enter his temple.  
5The Lord is good!

His love and faithfulness  
    will last forever!

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**Work with the class or a partner to rewrite Psalm 100 in your own words.**