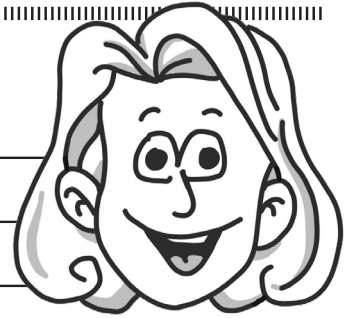


# Psalms ~ Psalms of Thanksgiving

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



List three things you are thankful for right now

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

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)

**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;**

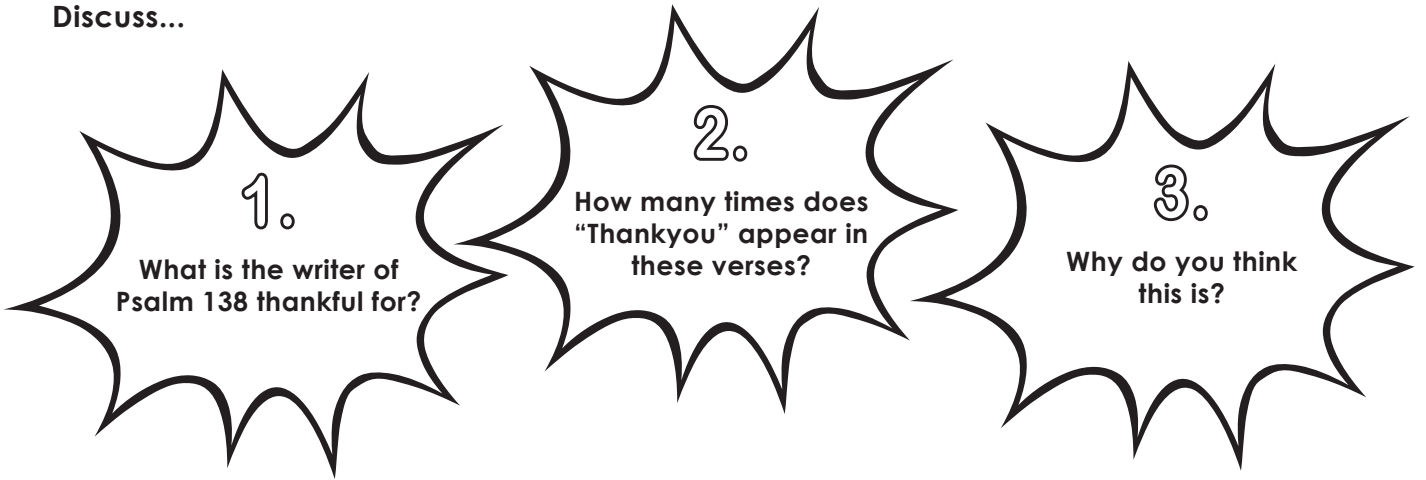
**Most holy is your name,  
most holy is your Word.**

**The moment I called out, you stepped in;  
you made my life large with strength.**

# Psalms ~ Psalms of Thanksgiving

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Discuss...



Psalm 100 (CEV)

- <sup>1</sup>Shout praises to the LORD!  
everyone on this earth.**
- <sup>2</sup>Be joyful and sing  
as you come in to worship  
the LORD!**
- <sup>3</sup>You know the LORD is God!  
He created us,  
and we belong to him;  
we are his people,  
the sheep in his pasture.**
- <sup>4</sup>Be thankful and praise the LORD  
as you enter his temple.**
- <sup>5</sup>The LORD is good!  
His love and faithfulness  
will last forever!**

Can you find **FOUR** things the writer of Psalm 100 is thankful for?

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_

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