



ENTER God's presence

Psalm 103:1-8

- ¹ Praise the Lord, my soul;
all my inmost being, praise his holy name.
² Praise the Lord, my soul,
and forget not all his benefits—
³ who forgives all your sins
and heals all your diseases,
⁴ who redeems your life from the pit
and crowns you with love and compassion,
⁵ who satisfies your desires with good things
so that your youth is renewed like the eagle's.
⁶ The Lord works righteousness
and justice for all the oppressed.
⁷ He made known his ways to Moses,
his deeds to the people of Israel:
⁸ The Lord is compassionate and gracious,
slow to anger, abounding in love

- **Pray:** Lord God, you alone are worthy of all our thanks and praise. You have done marvellous and wonderful things for us. As we gather together around your word, help us to recall how wonderful are all your deeds, and to see the ways that you are calling us to participate in your good works so that every knee will bow and every tongue confess that Jesus Christ is Lord. Amen



SHARE life together

1. **What are your highs and lows for this past week?**
2. **What are three things that you are thankful for?**
3. **Who are some people in your life who you are thankful for? Have you told them? Why/Why not?**

What have you got to be thankful for!?! When things around us get tough it can be hard to see the positive things still going on around us. In fact, even things that we might usually be thankful for can become another opportunity to whinge and complain.

Week beginning:
Monday 18th November 2024

Worship series:
The Best Life
#5 – A Life Of Thankfulness



VERSE for the week
Generation after generation stands
in awe of your work;
each one tells stories of your
mighty acts.

Key Verses: Psalm 145:4 (MSG)

Full Text: Psalm 145



REMEMBER this week

**The best life is one
of thankfulness that
boldly tells the
continuing story of
God at work
throughout all
generations.**

At times like this a good dose of perspective can often help. Perspective can hit in two main different ways. Sometimes we encounter a story of someone who is dealing with issues in their own life that suddenly make our issues feel like a drop on the ocean by comparison. But we usually have to encounter these stories by accident, we don't usually go looking for them to make ourselves feel better.

The alternative is to intentionally recall things that are positive in our lives. To find the things that we can be thankful for. They may seem small and insignificant in the beginning. Sometimes all we can do is be thankful for the air we breathe, but the very act of intentional thanksgiving is a powerful tool in changing and improving our mood in difficult circumstances.

So have a look at **Psalm 145** [HERE](#) or in your own Bible and look at some of the ways the psalmist gives thanks to God.

4. **Try to summarise the main idea of this psalm in one sentence.**
5. **What verse/concept/teaching in this reading caught your attention and what was challenging/confronting/comforting about it for you?**
6. **What are some of 'the great things' that God has done that you think the psalmist was referring to?**
7. **The Psalmist also praises God for some of God's characteristics. Which of those characteristics listed in the Psalm are you thankful for? Why?**



GROW deeper

One of the criticisms many people have of Christians, is that they always seem so dour and melancholy all the time. What we focus on tends to manifest itself in our behaviour. Some Christian traditions encourage people to reflect on and meditate on their sin, and their fallenness before God. This has value at times, but unless it is balanced by contemplating, remembering and celebrating everything God has done, it can promote an experience of faith that lacks joy and certainly doesn't look attractive to those who do not yet know Jesus.

8. **How thankful do you think you appear to those around you on a daily basis? Would those around you sense any kind of deeply rooted joy and positivity, or would they be met with a negative outlook? Why?**

Another part of our problem when it comes to thankfulness, is that we tend to be too focussed on ourselves and our immediate situation. Did you notice in the psalm how the psalmist was rejoicing over all that God had done and wanted to tell it from generation to generation? Everything God does, that we hear about in the Bible, from creation, to delivering the Hebrews from slavery in Egypt, to the prophets, priests and kings of Israel, all the way to Jesus and through to today, everything God has done he has done for you.

9. **How do you feel about *everything* God has done being *for you*?**
10. **How might you express your thankfulness to him?**
11. **What at LifeWay over the past year are you thankful for?**



LIVE purposefully

MAKE IT REAL:

Part of the reason we give thanks is to remember and retell everything that God has done. When we celebrate what he has done we pass the stories on to the next generation. We are soon going to be in the season of Advent and preparing for Christmas. Christmas is still one of the few times when people in Australia are more open than usual to being told one of the stories about what God has done, and yet in the middle of all the commercial hype and consumerism, the story of Jesus can be hard for people to hear. The way we celebrate and rejoice over what God has done can be a real witness to those who can find it hard to celebrate Christmas.

12. **What are some of the traditions you or your family have at Christmas time? How do they tell the story of what God did at Christmas?**
13. **What are some other things that God has done, specifically in your life, that you could tell others about to help them know what God has done for you?**
14. **How might you be able to help show someone that you know, how God has been at work in their life?**

Plan your weekly devotions or [download the Church Central app](#) for the daily [LifeWay Devotions](#)



PRAY intentionally

- **Praise the Father**, for all that he has done for us.
- **Thank Jesus** for his life of living each moment in obedience to the will of God the Father, and the grace and forgiveness that he has made available to us by his obedience, even to death on a cross.
- **Ask the Holy Spirit** to give you a thankful heart and to live each day proclaiming all that the Lord has done.
- Give thanks for everything God has done through LifeWay and the ministry here over the last 12 months and pray that he would prepare and equip us for what he has instore for us next.
- Pray for those who do not yet know the wonderful story of all that God has done and for the courage to tell all those with whom God gives you the opportunity.



BLESS one another

You might like to address one person in your group and make the sign of the cross on their forehead or on the palm of their hand as you say...

[Name], may your life be full of stories of God's great deeds, Amen.