

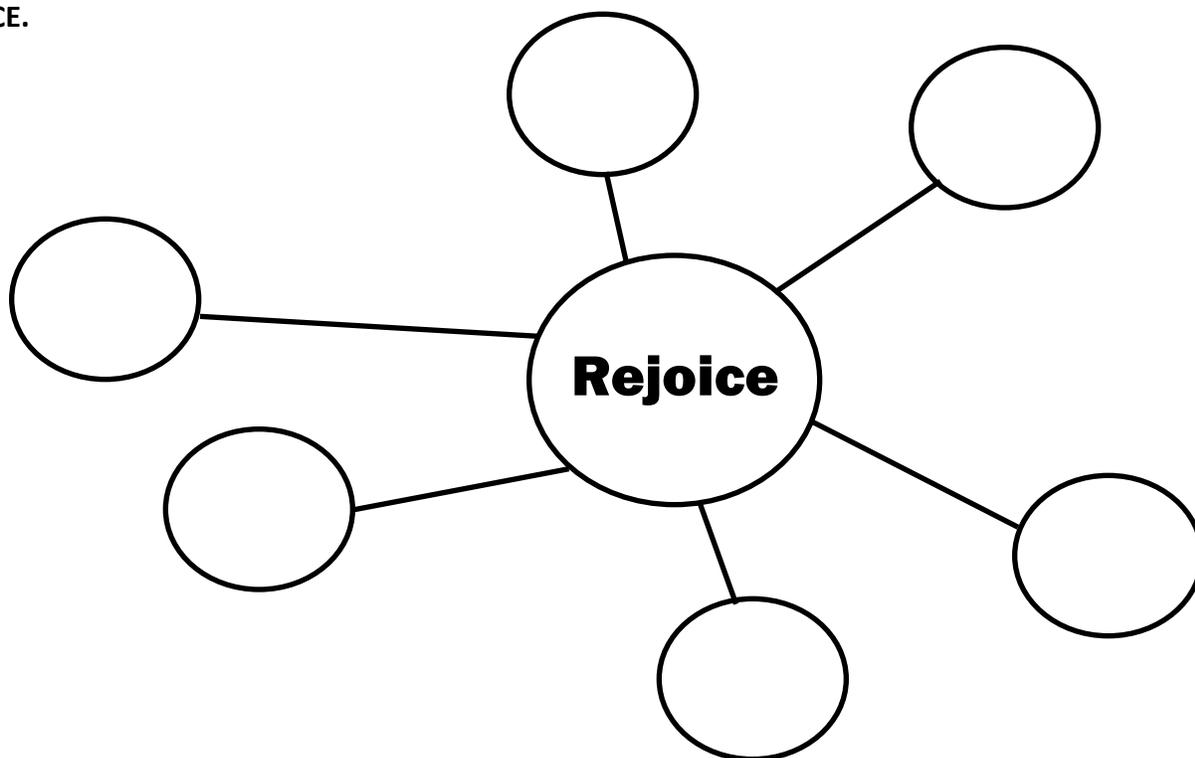


Studying the Psalms

Psalms 105:1-6, 23-26, 45b

O give thanks to the LORD, call on his name, make known his deeds among the peoples. Sing to him, sing praises to him; tell of all his wonderful works. Glory in his holy name; let the hearts of those who seek the LORD rejoice. Seek the LORD and his strength; seek his presence continually. Remember the wonderful works he has done, his miracles, and the judgments he uttered, O offspring of his servant Abraham, children of Jacob, his chosen ones. Then Israel came to Egypt; Jacob lived as an alien in the land of Ham. And the LORD made his people very fruitful, and made them stronger than their foes, whose hearts he then turned to hate his people, to deal craftily with his servants. He sent his servant Moses, and Aaron whom he had chosen. Praise the LORD!

Today's Psalm is about **rejoicing**. Today the Psalmist (the person who wrote the Psalms, sometimes David) is reminding us to be grateful to God for all the things God has done for us! Many Psalms are about rejoicing. To better understand what it means to rejoice, let's do a word map. A word map is a great way to understand a word or concept by using our own words. Fill in the word map below with words that are synonymous to **REJOICE**.



Did you use words like celebrate, happiness, joy, excitement?

What do all these words have in common? They're positive words! They are words we like to use and love to experience. What can we learn about our relationship with God by simply looking at these positive words? Could it be that our relationship with God is something we should enjoy? The Psalmist is giving us lots of suggestions for how to show gratitude to the Lord for all God has done for us, the Psalmist lists a lot of ways to rejoice. Read the Psalm again and circle, underline or highlight the ways in which the Psalmist suggests we rejoice. Hint: most of them are verbs.

Rejoice!

This week's Psalm is telling us to rejoice or celebrate God because God has done wonderful things in our lives. There is no better way to reflect on this than keeping a gratitude journal. Just the word "journal" starts to make me feel overwhelmed. I'm terrible at keeping a journal! Let's start with something easy. Use the image below as a gratitude prompt for one week. Fill in one section each day for seven days and reflect on things you are grateful for. You can repeat things or come up with new things each day! What are you grateful for?

Weekly
GRATITUDE
CHALLENGE

Take one week and fill in each section with things you are grateful for!

Closing prayer...

Dear God, I have so many things to be grateful for, today I am grateful for _____.

Thank you for the many blessings you have brought into my life. Thank you for _____.

When I think about these blessings I am full of joy. Help me to share that joy with others and encourage those around me. Help me to remember to be grateful every day. Help me to use my gratitude to change my outlook on life and spread joy instead of anger, peace instead of disappointment, and love instead of hate. Amen.