

“GROW DEEPER in Love with the Lord... By Practicing Thanksgiving in All Things”



Psalm 40

How TRUE is this of you in the last 12 Months?
... **“I Practice Thanksgiving in all things”**

Not True	Infrequently True	Somewhat True	Often True	Very True
1	2	3	4	5

PRACTICING THANKSGIVING is a *regular rhythm* discovered in reading of the book of Psalms, and Psalm 40 demonstrates a heart of **GRATITUDE** –

To **GROW DEEPER** in Your Love with the Lord, Cultivate a Heart of Gratitude by–

1. BEING STARTLED by God’s Love in the Past – See Vs. 1 – 5

Have you experienced ? (any of the following:)

- Vs. 1 – God answering your prayers?
- Vs. 2 – God delivering you from danger?
- Vs. 3 – God giving you a new song?
- Vs. 4 – 5 – God fulfilling a promise to you?

(See **GROWING DEEPER CHALLENGE** below –)

2. – BEING COMPELLED by God’s Love in the Present – See Vs. 6 – 10

God's Startling Love in the Past *Compels* you in the present!

- *God's Love Compels you to Worship* – see Vs. 6 -8
- *God's Love Compels you to Witness* – see Vs. 9 – 10

(See GROWING DEEPER CHALLENGE below -)

3. – BEING HOPEFUL for God's Love for the Future – See Vs. 11 – 17

To facing Conflicts – see Vs. 11 – 13

To Defend when Falsely Accused – Vs. 14 – 15

To Meet Real Needs – Vs. 16 -17

GROWING DEEPER CHALLENGES

- a) **RECALL a time when God startled you with His love** (*Rescuing you by Jesus' love, Answering a prayer, manifesting His Presence in painful time...*);
SHARE with a partner or small group & then
CELEBRATE together. (*"I celebrate with you how God...*).
- b) **Meditate on the Scriptures below** and listen for the Spirit's leadership. **Prayerfully reflect on which one you might need to experience more often in your own life and relationships.**
- **Romans 12: 1** – *"presenting your body as a living sacrifice, holy and pleasing to God; this is your true worship."*
 - **Romans 15: 7** – *"Accepting one another, just as Christ also accepted you."*
 - **Ephesians 4: 32** – *"forgiving one another, as God forgave you in Christ."*
 - **Psalms 107: 2** – *"Let the redeemed of the Lord say so"*
 - **Acts 1: 8** – *"you will be my witnesses"*
 - **1 Peter 3: 15** - *"Be ready at any time to share the hope that is in you."*
- c) **Family Challenge – To begin GRATITUDE JOURNAL** by involving family members in a 'blessing search' as each member names a recent blessing and assumes responsibility for sharing appreciation. Where to "look":
- *Loved ones*, who you've recently been reminded of in a special way
 - *Character qualities* in family or friends which are challenging
 - *Overlooked blessings* of life, health, provision, creation
 - *Specific answers to prayer*
 - *Spiritual realities* like the Scriptures, salvation, Holy Spirit, etc.
- d) **READ two chapters of Psalms** each day with your church family. This weeks reading will be from **Psalm 51 – 66**. Spend prayerful time **REFLECTING** on what you read and **RESPOND** with your heart to grow deeper in love with the Lord.