

Unlocking A Grateful Life

Psalm 107

Bulletin Outline

God saves His people from...

Desert

Dungeon

Disease

Storm

God is...

Provider

Rescuer

Healer

Protector

Gratitude grows from a heart absorbed with the love of God.

Our focus of attention tends to go to...

- What's bad
- What's missing
- What could go wrong

Psalm invites us to focus our attention on...

- The faithful love of God

Looking Back

"Give thanks to the Lord for he is good, his love endures forever!" This sentence appears more than any other in Scripture (44 times, depending on which translation you use). Giving thanks must be important. And yet, gratitude seems to be allusive for many of us. We try to "give thanks in all circumstances" (1 Thess. 5:18) but often, we gravitate back towards an

attitude of ingratitude. How can we be changed from the inside out? What can we do or embrace that will enable us to unlock a truly grateful life? Psalm 107 helps show us the way.

Thinking It Through

agree|disagree, consider|contemplate

"If the only prayer you ever say in your entire life is thank you, it will be enough." Meister Eckhart

"Dear God, we paid for all this stuff ourselves. So thanks for nothing." Bart Simpson

"It's quite possible to say 'thank you' 50 times a day but not have a life marked by gratitude." Rich Villodas

"The antidote to anxiety about the future is not to discern the future, but to remember the past. Instead of straining your gaze forward, look over your shoulder and rehearse God's faithfulness to you, and to all generations." Jen Wilkin

"Here are the two best prayers I know: 'Help me, help me, help me' and 'Thank you, thank you, thank you.' Anne Lamott

Working It Out

1. Is gratitude something that comes naturally to you or is it difficult?
 2. Read Psalm 107:1-3. What words or phrases stand out?
 3. Read verses 4-9. Describe how God is portrayed in these verses.
 4. In this Psalm, God is portrayed as saving His people from the desert, the dungeon, from disease, and from the storm. Which of these images strikes you most? Why?
 5. Talk about a time in your life when you experienced God as provider, rescuer, healer, or protector.
 6. Read the conclusion of the Psalm, verse 43. What do you notice in this verse?
 7. Why does the practice of pondering the love of God lead to a life of thanksgiving?
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