



### 3. THANKSGIVING

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#### **Sermon Notes**

**Text: Psalm 100**

#### **Intro:**

*The Psalms are an invitation to pray*

Psalm 100

Gratitude: A strong feeling of appreciation to someone for what they have done for you.

“Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.” ~Harvard Health Publishing

“Gratitude is strongly and consistently associated with greater happiness.” ~Harvard Health Publishing

*If you're not thankful for what you have now, you're unlikely to be thankful for what you get tomorrow.*

#### **Thank Offering**

Thanksgiving in Hebrew = Todah. Also the name of the ceremonial thank offering.

"In the coming Messianic age all sacrifices will cease, but the thank offering will never cease" ~Old Rabbinic saying

“Cup of thanksgiving” (1 Corinthians 10:16)

Lord’s Supper, Communion, Eucharist (*Eucharistia*) = Thanksgiving

1 Corinthians 11:23-24

#### **Thanksgiving in Prayer**

1 Thessalonians 5:16-18

Philippians 4:6

“Thank you” might be the best prayer anyone could ever pray.

#### **Conclusion:**

## Life Group Discussion

### Warm up:

1. Name something that (or someone who) you are thankful for.
2. What stood out to you about Sunday's sermon? What was interesting? Confusing? Weird? Thought provoking?

### Study & Discussion:

1. Read Psalm 100. What stands out to you? When you consider your prayers, praise and worship, how central is thanksgiving to them? Many passages of scripture refer to thanksgiving as a sacrifice. Why do you think that is? Is your thanksgiving sacrificial?
2. Many researchers have observed the correlation between gratitude and many health benefits, including greater levels of happiness. Why do you think this is?
3. Read 1 Thessalonians 5:16-18, Philippians 4:6 & Colossians 3:15-17. What do these verses say about being thankful? How important is gratitude in the life of a believer? What practices do you have in place to make sure you're being thankful (to God and to others)?

### Application:

1. Make sure you include thanksgiving in all your prayers this week.
2. Think of someone in your life that has not been properly thanked, and write them a thank you note.

### Prayer:

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