

## DAILY BIBLE STUDY SHEET

*Daily meditation on the Word of God is imperative to our growth. As the people of God we should commitment to reading Scripture every day. There are questions to help prompt your meditation. If you do not have a Bible, please contact the church office and one will be given to you. To locate the passages, use the Table of Contents to find the page number. The number before the colon will tell you the chapter to find. The numbers after the colon are the superscript numbers in your Bible indicating the verses to read. Our Soul Food lessons are guided by "Opening Up The Psalms Commentary" written by Roger Ellsworth.*

### **Monday, April 25<sup>th</sup> – Psalms 26, 28 and 69 (Individual Thanksgiving)**

This week we will focus on Psalms of Thanksgiving. We will have reminders all week of what we are to be thankful for. We will begin with individual thankfulness. Today's Psalms read as most individual thanksgiving psalms read. In each we will find three categories—lament, imprecatory and thanksgiving or thankful praise. Read each Psalm all the way through. Then, go back and read each one again, answering the following questions for each Psalm: 1) What is the lament about; what is the Psalmist crying out to God for in this Psalm? (Hint: each Psalm begins with the lamenting.) 2) What are the imprecatory verses in each of these Psalms? What is the Psalmist asking God to do to these evil people? Consider through which lens you should read the imprecatory verses: *The Spiritual Warfare; Vengeance Transferred; Curse Absorbed; or Final End.* 3) In each Psalm, what brings about the thanksgiving to God? What is the Psalmist thankful for? Remember that sincere gratitude for what God has done leads to thankful praise. In Psalm 69, where do you see thankful praise without even uttering "thank you?" Spend time to think about how much time you may lament to God and how much time you thank God. How might you do better at thanking God in the midst of the lament? How can remembering what God has done for you in the past help you during times when lamenting seems to be all we can do?

### **Tuesday, April 26<sup>th</sup> – Psalms 95, 107 and 116 (Individual Thanksgiving)**

We continue our study today of individual thanksgiving Psalms. However, today's psalms have no lamenting in them at all. They are truly psalms of thanksgiving and thankful praise. So let's look at the structure of these and the invitation they each offer to us. In Psalm 95, what is the invitation today (vss. 1-2 and 6)? Why are we able to join in (vss. 3-5 and 7)? What happens if we fail to join in and be thankful (vss. 8-11)? Has it ever struck you that not joining in thankfulness to the Lord can lead to a hardened heart? Now let's look at Psalm 107. What is the invitation (vss. 1-3)? So giving thanks to God also requires us to speak out and tell others (vs 2). Verses 4-40 give verses to the song that explain various things that have happened that we should be thankful for as they demonstrate God's unfailing love. There is even a pattern in the number of verses or meter. The first description is six verses long, while the chorus is longer, then back to six verses and then longer and so on. As you approach verses 41-43, we are given the final reason to be thankful to God. What is the reason? How can remembering God's mighty acts in times of despair help us to remain thankful in times of despair today? Finally, let us look at Psalm 116. The thankful praise comes at the end of the Psalm (vss 17-19). Everything that comes before is what the Psalmist is remembering that brings him to this joyful praise. Slowly read through verses 1-16. How has God shown you mercy? How has God saved you from death? When did you cry out in anxiety to God to help and God answered? When facing our mortal deaths, how does God respond (vs. 15)? Now do you understand why we should be thankful and offer praise from hearts of thanksgiving? Spend time in prayer thanking God for what He has done for you.

### **Wednesday, April 27<sup>th</sup> – Psalms 92, 100 and 105 (Corporate Thanksgiving)**

Now we will turn to corporate or communal Psalms of Thanksgiving. Each of these Psalms are worship Psalms used in the worship of God in Israel. They are reminders to the people of who God is and why God is worthy of our thanksgiving, even if we are not in the mood to be thankful. Starting with Psalm 92, what does the Psalmist declare as good (vss. 1-4)? The remainder of the Psalm substantiates why thanks, praise and worship are good and why God is worthy of each. As you read the Psalm, underline each phrase that tells you what God has done and give God thanks for each reason. Next we turn to Psalm 100. This was sung in church by the Praise team this week. When you come to worship each week, do you come solely to get something or do you enter God's courts and gates (sanctuary) with thanksgiving and thankful praise? Attitude in worship matters. We end today looking at Psalm 105.

The Psalm opens with the call to give thanks and proclaim God's greatness to the world. What do verses 2-6 tell you to do? Remembrance is vital to having a thankful heart as a community of believers. Now read verses 7-44. What is it the Psalmist is helping the community to remember? What is the purpose of this remembering (vs. 45)? If the people do this, what will they do? Praising the Lord this way is referred to as thankful praise. Praise comes from thankfulness. Consider what Jesus asks us to do in remembrance of him. How does studying these psalms help us better understand what Jesus means when he says, "Do this in remembrance of me?" How does this remembrance generate thanksgiving in your heart?

### **Thursday, April 28<sup>th</sup> – Psalms 106, 118 (Corporate Thanksgiving)**

Our Corporate Psalms today follow along the lines of yesterday. As you read Psalm 106, you will once again read the history of Israel. However, today it is slightly different. While it is a prayer of thanksgiving, it is also a psalm of repentance for behaving like their ancestors. As you read through this, consider where you too have forgotten and disobeyed. How has God forgiven you and restored you? As you consider these things, do you sense thankfulness that God has offered you salvation through Christ? It is amazing what communal remembering can do for our hearts and souls. As we turn to Psalm 118, why does the psalmist say we should give thanks to God (vs. 1)? The concept of God's faithful love enduring forever is so important that the psalmist has everyone repeat this 3 times. Then in verses 5-18, we see what the psalmist is responding to. We learn that even when everything seems wrong and messed up, we can still enter the gates and come into the presence of God. How has God made that possible (vss. 22-23)? What is the response because of this (vss. 24-29)? How does Jesus fit in these verses? Why should this prompt our thankful hearts? Read this Psalm out loud so that you not only read the words, but you hear them as well. In fact, if you want to sing this Psalm go to this webpage <http://psalms.seedbed.com/2013/10/14/psalm-118/> and click on tune "Forrest Greene" and sing to the accompaniment. Whether read or sung, let your thankfulness overflow because no matter what you face, God's love endures forever.

### **Friday, April 29<sup>th</sup> – Psalms 138 and 147 (Corporate Thanksgiving)**

We close this week with our last two thanksgiving Psalms. Psalm 138 teaches us how to be thankful when God answers our prayers. Psalm 147 reminds us of all the things we should be thankful for, as they are gifts from God's hands. May I suggest singing these Psalms today? By going to <http://psalms.seedbed.com/psalter/>, you will find all the psalms listed. Just go to 138 and then 147 and click on "read more" which will take you to the Psalm itself and the musical options. Find a tune you can sing and sing out your thankful praise! After all, Psalms are songs to God. But whether you sing these psalms or read them aloud, do so with a thankful heart and grateful praise.

### **Saturday, April 30<sup>th</sup> – *In preparation for tomorrow, please read Psalm 130.***