

## **SUNDAY SCHOOL LESSON**

### **Sunday, November 17, 2024**

**Series Title:** The Power of Gratefulness

**Lesson Title:** King David: Psalms of Gratitude

**Key Scripture:** Psalm 34:1 - I will bless the Lord at all times: his praise shall continually be in my mouth.

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### **Introduction**

In a world often marked by the hustle and bustle of daily life, it's easy to overlook the simple yet profound act of giving thanks.

People of God, we have so much to be thankful for, especially when we consider who God is and all He's done, but we often have trouble getting into a thankful headspace. If you find yourself having trouble being thankful, just open your Bible to the book of Psalms and start reading. You'll find many scriptures that will help you to focus on God's goodness – and usher you into a spirit of thankfulness.

### **What Does the Bible Say About Thankfulness?**

Thankfulness is like a thread running through the entire Bible, and it's so much more than just saying "thank you" every now and then. It's about recognizing God's amazing role in our lives and giving Him the glory He so richly deserves. A grateful heart isn't just a nice gesture; it's a way to honor God for who He is, how He constantly provides for us, and how He reigns over every aspect of our lives.

When we thank God, we're acknowledging that He's in charge and that we're utterly dependent on His grace and mercy. It's a beautiful reminder

that despite our imperfections, God pours out His love and blessings on us each day.

## **There is Power in Gratitude**

Having the spirit of gratitude brings contentment. Gratitude gives you peace. Gratitude deepens your faith. Gratitude leads to joy. Gratitude guards against envy. Gratitude helps us live in the present. Gratitude helps you to be more patient. Gratitude improves physical health. Gratitude defies satan's lies. Gratitude puts you in God's Will (1 Thessalonians 5:18). What am I saying? There is power in being grateful!

We all have the ability and opportunity to cultivate gratitude. Rather than complain about the things you think you deserve, take a few moments to think about all that you *have*. When you have a spirit of gratitude it helps you to praise God for the blessings you have received, with the understanding that every blessing is given by God's grace.

Let's remember to cultivate gratitude in our daily lives and see how it transforms our hearts, perspective and life.

## **King David's Psalms of Gratitude**

King David is identified as the author of over 100 psalms. The unifying theme of Psalms is praise for God and His goodness. Almost all psalms, even ones that start with sorrow and anger, end with praise and thanks to God by the last verse. By example or direction, the Psalms encourage the reader to join in giving thanks. Use these Psalms of Thanksgiving to praise God before eating together or for greeting cards to loved ones. It doesn't need to be Thanksgiving Day to show your thankfulness to God. Each and every day we can wake up and go to sleep giving gratitude for the blessings of God!

## Psalms of Thanksgiving

In the scripture, David's psalms teach us several important lessons about giving thanks. As we do, we'll find that our worship becomes richer, our daily experiences more meaningful, and our hearts more aligned with God's Will and His incredible love and grace.

We have provided a few Thanksgiving psalms to recall God's goodness and express gratitude. God's Word is filled with Bible verses about thanksgiving and scriptures about gratitude that can help cultivate a life that is filled with joy. The Psalms contain particularly powerful quotes for giving thanks and finding blessings in all circumstances - this is the power of thanksgiving.

1. **Thankfulness as a Response to God's Goodness:** David frequently expresses gratitude for God's goodness and faithfulness. For example, in **Psalm 107:1**, he writes, "O give thanks unto the Lord, for he is good: for his mercy endureth for ever." This verse highlights that our thankfulness is a response to God's inherent goodness and enduring love.
2. **Thankfulness in All Circumstances:** David demonstrates that gratitude isn't dependent on our circumstances but on God's character. In **Psalm 34:1**, he says, "I will bless the Lord at all times; his praise shall continually be in my mouth." Even during difficult times, David chooses to praise and thank God, showing us that thankfulness is an attitude of the heart.
3. **Thankfulness as a Form of Worship:** David sees thankfulness as a vital part of worship. **Psalm 100:4** encourages us to "Enter into his gates with thanksgiving, And into his courts with praise" indicating that thankfulness is integral to approaching God and engaging in worship.

4. **Thankfulness In the Midst of Challenges:** David's psalms often reflect his personal struggles and victories. For example, in **Psalm 30:12**, he writes, "...that my glory may sing praise to thee, and not be silent. O Lord my God, I will give thanks unto thee for ever." His willingness to thank God despite hardships teaches us that gratitude can persist even when life is challenging.

David's life and writings are a powerful reminder to make thankfulness a daily habit. His example shows us how important it is to recognize God's goodness, no matter what we're going through. Just like David, we can keep a grateful heart, even in tough times, and let our thankfulness shine through in everything we do.

Let's learn from David's Psalms of Thanksgiving and embrace a life of thankfulness despite our circumstances. Here are a few more scriptures:

#### **Psalm 107:1-9**

O give thanks unto the Lord, for he is good: for his mercy endureth for ever. Let the redeemed of the Lord say so, Whom he hath redeemed from the hand of the enemy; And gathered them out of the lands, from the east, and from the west, from the north, and from the south. They wandered in the wilderness in a solitary way; they found no city to dwell in. Hungry and thirsty, their soul fainted in them. Then they cried unto the Lord in their trouble, and he delivered them out of their distresses. And he led them forth by the right way, That they might go to a city of habitation. Oh that men would praise the Lord for his goodness, and for his wonderful works to the children of men! For he satisfieth the longing soul, and filleth the hungry soul with goodness.

#### **Psalm 103:1-5**

Bless the Lord, O my soul: and all that is within me, bless his holy name. Bless the Lord, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy diseases; Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies;

Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's.

**Psalm 7:17**

I will praise the Lord according to his righteousness: And will sing praise to the name of the Lord most high.

**Psalm 100:1-5**

Make a joyful noise unto the Lord, all ye lands. Serve the Lord with gladness: Come before his presence with singing. Know ye that the Lord he is God: It is he that hath made us, and not we ourselves; We are his people, and the sheep of his pasture. Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name. For the Lord is good; his mercy is everlasting; and his truth endureth to all generations.

**Psalm 50:14**

Offer to God a sacrifice of thanksgiving, and perform your vows to the Most High...

**Psalm 69:30**

I will praise the name of God with a song, and will magnify him with thanksgiving.

**Psalm 111**

Praise ye the Lord. I will praise the Lord with my whole heart, in the assembly of the upright, and in the congregation. The works of the Lord are great, sought out of all them that have pleasure therein. His work is honourable and glorious: and his righteousness endureth for ever. He hath made his wonderful works to be remembered: the Lord is gracious and full of compassion. He hath given meat unto them that fear him: he will ever be mindful of his covenant. He hath shewed his people the power of his works, that he may give them the heritage of the heathen. The works of his hands are verity and judgment; all his commandments are sure.

They stand fast for ever and ever, and are done in truth and uprightness. He sent redemption unto his people: he hath commanded his covenant for ever: holy and reverend is his name. The fear of the Lord is the beginning of wisdom: a good understanding have all they that do his commandments: his praise endureth for ever.

**Psalm 28:7**

The Lord is my strength and my shield; my heart trusted in him, and I am helped: therefore my heart greatly rejoiceth; and with my song will I praise him.

**Psalm 75:1**

Unto thee, O God, do we give thanks, unto thee do we give thanks: for that thy name is near thy wondrous works declare.

**Psalm 103:2**

Bless the Lord, O my soul: and all that is within me, bless his holy name.

**Psalm 31:19**

Oh how great is thy goodness, which thou hast laid up for them that fear thee; which thou hast wrought for them that trust in thee before the sons of men!

**Psalm 106:1**

Praise ye the Lord. O give thanks unto the Lord; for he is good: for his mercy endureth for ever.

**Psalm 34:1-8**

I will bless the Lord at all times: his praise shall continually be in my mouth. My soul shall make her boast in the Lord: the humble shall hear thereof, and be glad. O magnify the Lord with me, and let us exalt his name together. I sought the Lord, and he heard me, and delivered me from all my fears. They looked unto him, and were lightened: and their faces were not ashamed. This poor man cried, and the Lord heard him, and saved him out of all his troubles. The angel of the Lord encampeth round about them that

fear him, and delivereth them. O taste and see that the Lord is good: blessed is the man that trusteth in him.

**Psalm 9:1**

I will praise thee, O Lord, with my whole heart; I will shew forth all thy marvellous works.

**Psalm 116:17**

I will offer to thee the sacrifice of thanksgiving, and will call upon the name of the Lord.

**Psalm 35:18**

I will give thee thanks in the great congregation: I will praise thee among much people.

**Psalm 147:7-9**

Sing unto the Lord with thanksgiving; sing praise upon the harp unto our God: Who covereth the heaven with clouds, who prepareth rain for the earth, who maketh grass to grow upon the mountains. He giveth to the beast his food, and to the young ravens which cry.

**Psalm 30:4**

Sing unto the Lord, O ye saints of his, and give thanks at the remembrance of his holiness.

**Psalm 50:23**

Whoso offereth praise glorifieth me: and to him that ordereth his conversation aright will I shew the salvation of God.

**Psalm 69:30-31**

I will praise the name of God with a song, and will magnify him with thanksgiving. This also shall please the Lord better than an ox or bullock that hath horns and hoofs.

**Psalm 89:1-2**

I will sing of the mercies of the Lord for ever: with my mouth will I make known thy faithfulness to all generations. For I have said, Mercy shall be built up for ever: thy faithfulness shalt thou establish in the very heavens.

**Psalm 92**

It is a good thing to give thanks unto the Lord, and to sing praises unto thy name, O Most High: To shew forth thy lovingkindness in the morning, and thy faithfulness every night, Upon an instrument of ten strings, and upon the psaltery; upon the harp with a solemn sound. For thou, Lord, hast made me glad through thy work: I will triumph in the works of thy hands. O Lord, how great are thy works! and thy thoughts are very deep. A brutish man knoweth not; neither doth a fool understand this. When the wicked spring as the grass, and when all the workers of iniquity do flourish; it is that they shall be destroyed for ever: But thou, Lord, art most high for evermore.

**Psalm 95**

O come, let us sing unto the Lord: let us make a joyful noise to the rock of our salvation. Let us come before his presence with thanksgiving, and make a joyful noise unto him with psalms. For the Lord is a great God, and a great King above all gods. In his hand are the deep places of the earth: the strength of the hills is his also. The sea is his, and he made it: and his hands formed the dry land. O come, let us worship and bow down: let us kneel before the Lord our maker.

**Psalm 147:10-11**

He delighteth not in the strength of the horse: he taketh not pleasure in the legs of a man. The Lord taketh pleasure in them that fear him, in those that hope in his mercy.

**Psalm 113**

Praise ye the Lord. Praise, O ye servants of the Lord, praise the name of the Lord. Blessed be the name of the Lord from this time forth and for evermore. From the rising of the sun unto the going down of the same the Lord's name is to be praised. The Lord is high above all nations, and



his glory above the heavens. Who is like unto the Lord our God, who dwelleth on high, Who humbleth himself to behold the things that are in heaven, and in the earth! He raiseth up the poor out of the dust, and lifteth the needy out of the dunghill; That he may set him with princes, even with the princes of his people. He maketh the barren woman to keep house, and to be a joyful mother of children. Praise ye the Lord.

## **Conclusion**

There is an undeniable power in gratitude! The more you read the scriptures about God's goodness, grace and mercy the more thankful you will become. The more thankful you are, the more joyful you will be – and the joy of the Lord is our strength! There are so many wonderful scriptures in this lesson - take the list we have provided and read something from it each day during your devotional time. You can also memorize your favorite psalms – and when the enemy tries to sow seeds of negativity you have a Word in your spirit to fight back – and win!

Name: \_\_\_\_\_

## SUNDAY SCHOOL HOMEWORK ASSIGNMENT

### Lesson: King David: Psalms of Gratitude

#### There is Power in Gratitude

- 1. Circle the correct answer(s):** From the lesson, what are three benefits of having the spirit of gratitude?
  - a. Gratitude gives you peace
  - b. Gratitude defies satan's lies
  - c. Gratitude puts you in God's Will
  - d. None of the above
- 2. Fill in the blanks:** In 1 Thessalonians 5:18, the Bible says, "In \_\_\_\_\_ give thanks; for this is the \_\_\_\_\_ in Christ Jesus concerning you."
- 3. True or False (circle the answer):** From the lesson, we understand that we all have the ability and opportunity to cultivate gratitude.

#### King David's Psalms of Gratitude

- 4. True or False (circle the answer):** King David is identified as the author of only 1 psalm.
- 5. Circle the correct answer:** From the lesson, what is the unifying theme of Psalms?
  - a. The end times
  - b. The creation story
  - c. Praise for God and His goodness
  - d. None of the above

## **Psalms of Thanksgiving**

- 6. Circle the correct answer(s):** From the lesson, we understand that as we give thanks:
- Our worship becomes richer
  - Our daily experiences become more meaningful
  - Our hearts become more aligned with God's Will
  - Trusting God through both
- 7. Fill in the blank:** In Psalm 107:1, the Bible says, "O give \_\_\_\_\_ unto the Lord, for he is good: for his mercy endureth for ever."
- 8. Fill in the blank:** Psalm 92:1 says, "It is a good thing to give \_\_\_\_\_ unto the Lord, and to sing praises unto thy name, O Most High..."
- 9. Circle the correct answer(s):** From the lesson, we see that we should:
- Embrace a life of thankfulness despite our circumstances
  - Give thanks only when we get what we want
  - Not be thankful
  - None of the above

## **Conclusion**

- 10. True or False (circle the answer):** From the lesson, we understand that there is an undeniable power in gratitude.