

## #AllTheFeels – Gratitude

This month we are talking about the emotion of Gratitude, everyone desires to experience and live out genuine gratitude. As children of God, we are able to learn and develop genuine gratitude through the Father's love. Psalm 136 shows us three ways we can see and experience God's love and how the overflow of His love turns into gratitude.

*Read Psalm 136*

*Watch #AllTheFeels – Gratitude Video*

- Have you ever faced the feeling of guilt-ridden gratitude? Gratitude that is only brought on because of other's sharing the tragedies of those around you.
- How is this detrimental to true gratitude? How can it also help shape our perspective?

*Read verses 1-3*

This psalm is a unique one because it was written some 400 years after King David, when Israel was finally able to return from their exile in Babylon. This psalm was written for the worship service in the rebuilt Jewish temple.

After all the Israelites had been through, they knew God was deserving of their praise. This psalm gives us a healthy perspective on gratitude to know that despite our circumstances, God deserves our praise.

- When is a time you had to push past your circumstance to praise God? How did praising God shift your attitude or perspective?

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It becomes easier to praise God in our circumstance, when we are convinced of his loyal love for us. The person who knows God's love for them is one that has a heart overflowing with gratitude. The remaining verses in this psalm show us some ways we can see God's love despite our present situation.

1. We know and see God's love through His creation

*Read verses 4-9*

These verses are a poetic reflection on God's creation of heaven and earth. God created everything around us and everything still belongs to God.

Psalm 24:1 says, "The earth is the Lord's, and everything in it, the world, and all who live in it"

- When is a time you sensed God's love for you through creation? What is so special, is that we can feel God's love through His beautiful creations, but we are the only ones created in His image alone.

2. We know God loves us through His saving grace for us

*Read verse 10-24*

Every year at Passover the Jewish people have the Passover meal together and read this Psalm to be reminded of God's wonderful salvation. God heard the cries of the Israelites while they were slaves in Egypt, He freed them and brought them to the Promised Land. They

are reminded of God's provision to bring salvation, and His enduring love for his people.

We have all been slaves to sin but Jesus is our Passover Lamb, he paid the price for our freedom and way of salvation. We can know God loves us because He provided a way for us to be brought into covenant and relationship with Him.

- Besides God providing a way of salvation, in what ways has God shown His love for you personally?

### 3. We know God loves us because of His provision

*Read verses 23-26*

In these verses, the writer is thinking personally how God has provided for the Israelites in their return from Babylon. The author sees God's present provision as a sign of His love.

All throughout the Bible we see God's love through His provision, we see God work miracles to provide for His children. Such as; 1 Kings 17:2-6, "2 Then the word of the Lord came to Elijah: 3 "Leave here, turn eastward and hide in the Kerith Ravine, east of the Jordan. 4 You will drink from the brook, and I have directed the ravens to supply you with food there." 5 So he did what the Lord had told him. He went to the Kerith Ravine, east of the Jordan, and stayed there. 6 The

ravens brought him bread and meat in the morning and bread and meat in the evening, and he drank from the brook.”

It is the Father’s heart to provide for His children.

- Share a time God provided for you or someone you know.

Closing:

Our awareness of God’s love overflows as gratitude. When we live a life keeping our eyes focused on our Heavenly Father and His love for us, then it becomes easier not to get distraught with the waves of life and circumstance. We have many things to be thankful for especially God’s love for us through His creation, His saving grace, and the way He provides for His children.

Go around the room and give one thing you are thankful for and then end your group by praying and giving God praise for all He has given us.