



A Devotional Study

On

Growing in Giving Thanks and Praise to God!

*Written by The Prudent Daughter*

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# *Introduction*

We are so excited you have decided to start this study on Thanksgiving and praise.

There is so much gratitude these days which is a good thing but led me to questioning what the Bible had to say about it, which is where this study comes from. As I was looking at the biblical idea of thanksgiving it is pointing always back to who God is and what He has done.

So, with that we will be looking at the Biblical view of thanksgiving which leads naturally to praise as well. The whole point of this study is for you to discover for yourself what God says about it.

To get the most out of this study we recommend you

- Print this E-Book
- Mark the text - so you will want a bible or print out scriptures to mark on.
- Have colored pens, pencils, or highlighters.
- As well as have a journal, or start a note on your phone or tablet.

There is so much more in the Bible about thanksgiving and praise we could not possibly truly cover it in the next 21 days. However, after you finish this study, you will have a beautiful picture of what it is and how you can thank and praise the LORD!

We have also given you in the back of this study several pages for your 'Lists on God' as well as plenty of pages for notes as God teaches you! These will help you as you gain a greater understanding of who God is and how He is to be praised, worshiped, and how we can thank Him.

With that – What are you looking to learn from this study?

Feel free to write it down in the space provided. After you finish the study come back and see what God has taught you!

# The Method

The SMART method was birthed from years of studying! As we study each day you will be using and implementing each of the steps that are in the SMART method. Our goal is for this to be simple, easy to remember, and practical for applying God's word to our everyday lives.

## S.M.A.R.T

**S** = Study the Bible. We use the Inductive Study Method to study God's Word

**M** = Meditate/Memorize God's Word.

**A** = Accept/Awaken to the truth of GOD's Word.

**R** = Read – Which is different from studying the Word (more into that later as you do each week)

**T** = Take Action – the Bible is not a hear only Book. We are to hear and live out the truth we are learning from God's word. Don't hold it all inside TAKE ACTION, let God's Word Change YOU!

**Study:** We use the good ol' fashioned Inductive Bible Study Method. The basics are

Observation = Marking and making lists.

Interpretation = Asking the 5w's and the H questions as you study the scriptures!

Application = which will also go right along with taking action part of our SMART method.

**Meditate/Memorize:** When you come across a passage that just speaks to you go ahead and write it out and memorize it. You can write it on your mirror or on a 3x5 card. Looking and reading it at least 3 times a day will help you hid God's word in your heart!

**Accept/Awaken:** This is the most important part. For this is the step where it goes from words on a page and thoughts in your head to where it becomes a part of you. It becomes how you believe, changing who you are, and ultimately changing you to be more and more like Jesus.

**Read:** This is as simple as it says. You will just be reading the passage. It is good for those of us who are always studying God's word to remember to also read it.

**Take Action:** The best way to take action is asking questions of yourself. You can start with who, what, when, where, why, and how. Yes, it is the same as when you are studying. But those are good questions to ask of everything. Who can I share this with? What do I need to change to be more like Christ? When can I live this out this week? Where does God want me to implement this? Why do I say that I believe it, but my actions don't line up? How can I change? (The Holy Spirit will lead you and guide you into heart and action change)

I would like to make it clear that the SMART method is just a guideline. No matter where you are in your walk with the Lord you can do this study. Spending time in God's word sitting at His feet reading, studying, and reasoning through the Bible, all while talking to Him and praying. Is the most valuable time you will ever spend next to your time with your family. I'm so excited to be on this journey with you over the next 21 days.

So grab your Bible, your favorite pens or pencils, your tablet or a notebook/journal for writing and I will see you back here for day one!!!

# *Key Words List:*

# Day 1

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Welcome to day one on this journey of thanksgiving and praise.  
We are so excited you are investing time in digging into Gods word.  
Learning for yourself what He says in His word about thanksgiving and praise.  
Today we are going to be jumping into Psalm 100!

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Grab your Bible (or app) and open it to Psalm 100 and just read it.

What jumped out at you? Let it sit with you for a moment and then write it down.

Now pray and ask that the LORD will show you what He wants you to see from this passage and to open the eyes of your heart to understand!

Great now read the passage again, what or who is to shout for joy?

What are we called to do according to this passage?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.

Great job, now grab your pen, pencil, or highlighter and mark God (I normally mark God with a purple triangle and color it in yellow).

Lets see what we learn about God Himself. Remember we are only answering these questions from this passage of scripture...I think you will see even more about the GOD You serve as you take this

time to dig a little deeper into this passage! We have also given you extra pages in the back of this book to keep a running list on God as you continue studying.  
List what you learn about God!

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Did you know that the name used for the LORD here is YHWH which is the proper name for the GOD of Israel. This is the name He used to reveal Himself to Moses in Exodus 6:2-3, 14 the “I AM THAT I AM” This is GOD’s most holy and sacred name! Jesus Christ also used it to reveal Himself to the Jews when He was here on earth over 2000 years ago in John 8:58.

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From verse 3 what do you learn about yourself?

Who made you? Whose people are you apart of?

Oh, beloved of GOD if you truly are in Christ than you have been bought with a price and you have been given this inheritance through the blood of Christ. According to Ephesians 2:11-22! What a beautiful thought!

So what stands out to you now from this passage?

What do you need to change in your mindset or beliefs to align with God and accepting of who He is?



## *Take Action:*

What action can you take today to praise and give God thanks?

This would be a great passage to turn into a song or prayer.

### *Suggestion:*

Pray it to the LORD, you can write it out or just read it to Him as a prayer. It could sound something like this...

I will shout joyfully to You LORD of all the earth, I will serve You with Gladness, I will encourage others to come before You with joyful singing. I know that You LORD alone are God. It is You who made us – I did not, nor could I make myself or anyone else. I am Yours and a lamb of Your pasture. I will enter Your gates with thanksgiving, and sing praises in Your courts, For You alone are good, Your lovingkindness is everlasting, And Your faithfulness continues from generation to generation! Amen!

Who can you encourage to come before the Lord with joyfulness today?

### *Idea:*

- You could post something you learned today on social media or share it with a coworker, friend, or family member.
- You could even do this study with your husband, child, grandchild, or a close friend.

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What a joyful time we have had digging a little into God's word today and turning it into praise to Him!

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# Day 2

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Welcome back to day 2 of these 30 Days of Thanksgiving and Praise! We are so excited you have joined us again for this rich study. We hope today you will be encouraged by this beautiful passage of scripture that reminds us of who we are to be thanking during this beautiful season of thanksgiving!

---

Before we start today go to the Lord in prayer. Ask Him to open the eyes of your understanding and ask Him to teach you what He wants you to learn from today's study!

Ok, now let's jump into today's Bible passage!

Grab your Bible and open it to Psalm 108:1-6 and just read it. Let it sit with you for a moment! Now what jumped out at you? What captured your attention? Write it down!

Great now read the passage again, this time mark the Psalmist (David) I did a blue underline, feel free to mark however you want and do what makes sense to you.

What does David say about himself?

What were his 5 "I will" statements?

- 1.
- 2.
- 3.
- 4.
- 5.

With what, will David sing to the Lord according to verse 1?

Did you see that in verse 1 David is going to sing praises with his soul and in verse 3 he says he is singing praises to the Lord. I know these are simple, but if you put them together we get a beautiful picture of how we are to worship God!

It reminds me of a passage of scripture I have recently studied in John – Jesus was talking with the Samaritan woman at the well, in John 4:7-42, but in verses 23-24 Jesus tell her that a day was coming when “WHEN THE TRUE WORSHIPERS WILL WORSHIP THE FATHER IN SPIRIT AND TRUTH, FOR SUCH PEOPLE THE FATHER SEEKS TO BE HIS WORSHIPERS. GOD IS SPIRIT AND THOSE WHO WORSHIP HIM MUST WORSHIP IN SPIRIT AND TRUTH.”

Does it not make sense that David the man after God’s own heart already knew this. Which is why studying how David worshiped, praised, and thanked God is so beneficial for us as we grow in our walk with the Lord!

Just in case you may have missed it in verse 6 what does he call himself?

One of my favorite things about the Bible is that the people of God are called beloved.

Which in in the Hebrew literally means, well-loved, or love.

You are beloved of God! You are truly loved by God!

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One of my favorite books that reminds me of how much God loves us is 1 John – if you ever have the time just read it and mark love. I highly recommend you do!

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Anything else that stood out to you about David?

I love that he says his heart is steadfast. Do you not want to be able to say to the Lord that your heart is steadfast in Him? Such a beautiful statement!

Now let’s keep reasoning and searching the scriptures! We are going to re-read the passage and this time we are going to focus on the LORD!

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At this point you might want to take the blank page on page 2, at the beginning of this book, and start making a list of your key words that you are marking along with how you are marking them so that you can glance at your markings easily and quickly!

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Marking the LORD the same way you did yesterday

What did you learn about the LORD here?

Review your list on God from yesterday. What stands out to you about our God so far from these two days of study?

Does it not make you glad in heart to see who your God is? If you are like me, when you start to make a list, your eyes start to open even more in wonder of who He is and that He calls you beloved because of what Jesus did on the cross!

Just for fun I will give you the beginning of my list on God...

*He is among the peoples,*

*He is among the nations,*

*His lovingkindness is great above the heavens,*

*His truth reaches to the skies,*

*He is exalted above the heavens,*

*His glory is above all the earth,*

*He delivers His beloved people,*

*He saves with His right hand,*

*The LORD Himself is God,*

*He has made us,*

*We are His people, the sheep of His pastures,*

*The Lord is good,*

*His lovingkindness is everlasting,*

*He is faithful to all generations,*

WOW what a list!!! Great job today! Now just sit with what you have just written down about the Lord meditate on it for a few moments!

How does knowing this about God change your perspective about your life, what you are going through, and this world?

Is there anything that you learned today that has opened your eyes further to the God of truth?  
Will you trust Him with your life?

## *Take Action:*

What action can you take today to praise and give God thanks?

This would be another great passage to turn into a song or prayer.

### ***Suggestion:***

Pray it back to the LORD! You can write it out or just read it to Him as a prayer. It might sound something like this...

Oh Father, let my heart be steadfast in You. I will sing, with my whole soul, I will sing with music. In the morning I will sing. I will give You thanks, You are LORD among the peoples, I will sing songs of praise to You who are among the nations. For Your lovingkindness is great and above the heavens. Your truth stands, it reaches to the skies. You, O God, are exalted above the heavens, and Your glory is above all the earth. Because You are who You are, Your beloved is delivered, you have saved with Your right hand, and You answer me!

Amen!

### ***Idea:***

Perhaps today you can play a few of your favorite worship songs or hymns while going about your day. Or if you play an instrument you can play a worship song to the Lord. It does not have to be perfect for others – just make a joyful noise unto the Lord. It is your heart He cares about!

What a beautiful time we have had digging a little into God's word today and turning it into praise for Him!

# Day 3

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Hello and welcome back! I'm so glad you have joined us for this wonderful time in God's word.

I'm super excited about the passage of scripture that we are going to be studying today.

Also, yesterday we started a list on God and today we are going to do something super cool with that list, so if you did not make your own list on God yet. Go back and make it – don't forget we have a built-in space for your list on God in the back of this book too.

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Before we read lets start in prayer.

Today I'm so excited that I can't help but pray for you before we begin!

*O Father, You are God most high. You are creator of the universe. You alone are worthy to be praised. Thank You for Your word and the truths that we can learn from studying Your word. Please help us to look at this passage with eyes to see, ears to hear, and a heart to understand. Please help us to truly get to know You better. Lord lead us and fill us with Your Holy Spirit and let Him be our guide as we dig into Your word! Father thank You for Christ! That we are one in You and that we have been redeemed by His blood! You are God and we just want to humbly seek You!*

*Teach us how to praise You and help us give You thanks for we truly are grateful for You and all that You have done and are continuing to do! In Jesus wonderful and beautiful name Amen!*

Now let's get started! So, get your Bible (or app) and turn to Psalm 105:1-5!  
Read Psalm 105:1-5! Meditate on it. What stands out to you?

Are there any words that popped out to you from this passage of scripture?

From the words that popped out to you make a list on each one, much like we did with God the last two days. What do you learn from making those lists (if you need more room to write, there is a note section for you in the back of this book)?

You are doing awesome – Now mark the LORD and don't forget the pronouns (keep marking Him the same way you have been)! What do you learn about God from this passage?

Now we are going to make a list on what we are to do...If you look carefully this passage is all about what we are to do towards God. See if you can find all 14...

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.

If you did not get them all – don't worry to much about it, try to get as many as you can. Just think through what you are reading. The main point is that you see what we are to do and to whom. Which is why we marked God before doing this exercise.

Based on what you just learned, what are the actions you see in this passage???

What do you learn about how we are to be towards God? Is there a responsibility we have in the relationship we have with our Creator?



What so far have you seen that has gotten you excited or opened your eyes?

Now let's seek God – grab your list on God or the list that I wrote out on Day 2 along with your list that you did earlier and just pray through it. Open your heart out to the Lord praising Him, giving Him thanks for who He is. Reminding yourself of what He has done. You can write it out or just verbally tell Him! He knows your heart!

Beautiful! Well done beloved!!!

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This passage is packed full of actions we can take. Let's spend the rest of this time thinking about

how we can keep on...  
giving thanks,  
making known God's deeds,  
singing praises,  
speaking of His wonders,  
glory in Him,  
letting our hearts be glad in Him,  
seeking the Lord continually,  
remembering what He has done.

---

## *Take Action:*

From the action list you have what are you going to take and purposefully live out today???

### Ideas:

- Seek the Lord, you could go back over your list on God along with what you know already know about Him and praise Him by praying and telling Him of who you know Him to be.
- You can write on social media about something God has brought you through, how He provided when you needed Him most, or just how He has always been there for you. You could also write your testimony about how He saved you!
- You could just let your heart be glad in Him and sit and just meditate on Him for a few extra minutes today.
- You could tell a coworker, friend, or family member about what you have learned about God along with what you already know about Him.
- You could choose a scripture about Him that you love and memorize it.

These are just suggestions and ideas to help let your creativity flow. He is the God of creativity after all and He loves it when we use what He has given us for His glory and praise.

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I sure have enjoyed this time with you in the word!  
Praising, worshiping, and thanking our God together!  
I'm already looking forward to "seeing" you tomorrow as we keep on these 30 Days of Thanksgiving  
and Praise!!!

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# Day 4

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Welcome to this precious time in the word. I'm so excited to be studying today with you!  
Today we are going to be heading over to the New Testament and will be looking at an account in  
the book of Luke.

Have you ever been amazed? I mean truly amazed by the Lord.  
By something He showed you or something you learned about Him?  
I think today you will see something that, I hope, will amazing and encourage you!

---

Before you begin start with asking the Lord to show you what He wants you to see and to open your eyes to understand what He has for you today!

Grab your Bible, (I HIGHLY recommend you look at the scripture in NASB, it will greatly help you with following in the study today!), read Luke 17:11-19 and just let it sit with you for a few moments.

What stood out to you from this passage?

Now let's take a little deeper look into what is going on in this account and what we can learn.  
Perhaps there is more to what is going on here then originally meets the eye!  
Who needed healing?

From what were they suffering?

How many were there?

What did they say to Jesus?

What did Jesus say back to them?

What happened as they were going to obey the Lord's word?

---

I study out of the NASB1995 and have been studying Jesus long enough that when He heals and there are two or more English words used in the healing account than there might be more going on and I might be missing something important when just looking at it in the English language.

So, because of this, I decided to look them up and my suspicions were well met with beauty gleaned from the original Greek!

No, I don't read Greek, but I do have super cool concordances and the Dr. Zodhiates Dictionary so I can get a deeper understanding of words!

With this tool let's start with 'cleansed' first.

The word here is cleansed #2511 – *and in a nutshell means just that. Made clean, free from filth, legal cleansing from leprosy. The removal of leprosy is called cleansing.* Super clear right. It's so cool to see when someone is cleansed from leprosy that is exactly what is going on.

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What did the one man do that none of the others do?

What caused him to turn back?

What was he? A fellow Jew or Samaritan?

From what you know about scripture did Jews normally hang out with Samaritans? If you don't know you can look up John 4:9b

What did Jesus say about the other 9 in verse 17?

What did Jesus point out that this man had done in verse 18?

Jesus responded to the man how?

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So, what about the made “well”??? so glad you asked. In verse 19 made well is 4982 Sozo (spelled in the English lettering) which only occurs 54 times in the Gospels. Can you guess what it means? It means salvation. *This word is primarily used in reference to spiritual salvation.*

By the way there are 2.5 pages of info under 4982 in Dr. Z’s dictionary. I just gave you the main point. There is a LOT to learn if you are interested, I HIGHLY recommend investing in these books. They are 100% worth having in my humble opinion!

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Considering both words in context...there is much still that I know can be gleaned, the surface is just scratched. But we are mainly just looking at this mans thanksgiving and praise to Jesus after his healing...What happened to the man who came back to Him to thank Him and praised God?

According to what we see in this text what was the real difference between the man who was made well and the rest of the guys – even though they were all cleansed?

Anything else you saw?

How has what you have learned today helped you understand Jesus and His power?

How does knowing this change your view on Praise and Thanksgiving and its importance in your walk with Christ?

## *Take Action:*

Considering what you have just studied what action do you need to take?

### Suggestion:

As a believer in Christ, you are saved by faith just like this man was saved by faith. Is that not beautiful! If you know that you are in Christ than thank Him for your salvation, for your own “made well” transformation.

You can pray out loud or write Christ a letter thanking Him for your salvation!

...But perhaps right now you are debating in your heart, questioning, pondering whether you are truly in Christ. Or if you are right now, one of the 9 who walked away cleansed, but not made well. Just looking good acting like you're a Christian. But perhaps until now or recently you thought that you were a Christian, but are now questioning. On the inside, you are missing something, you have not had the healing touch that only comes from Jesus! The kind of healing that touches your very soul by taking away your sins, removing them as far as the east is from the west.

If this is, you dear one. Then go to Christ like this man did. Turn from your old ways, repent of your sins, glorify God, fall on your face at the feet of Jesus, give Him thanks, ask Him to heal you. “IF YOU CONFESS WITH YOUR MOUTH JESUS AS LORD AND BELIEVE IN YOUR HEART THAT GOD RAISED HIM FROM THE DEAD, YOU WILL BE SAVED.” **Romans 10:9**

The difference for many people is 18 inches. Many know Christ with their minds, but have not chosen to believe Him with their hearts. Now, today, is the moment for salvation.

If you are struggling, ask God to help you, and ask that He guide you into a childlike faith to believe in Him. He is there for you and will save you because He LOVES you! He LOVES you so much He came to this earth to die on a cross, the most painful horrible death. Just so that you would have the ability to be with Him for eternity. To have eternal life in Him. He came and did what He did SO THAT YOU MAY BELIEVE THAT JESUS IS THE CHRIST, THE SON OF GOD; AND THAT BY BELIEVING YOU MAY HAVE LIFE IN HIS NAME. **John 20:31**

I'm not going to lead you into a prayer, because this moment is between you and the Lord.

But trust me it is well worth making the decision to accept Jesus Christ as your Lord and savior – choosing to lay down your own life and take up His calling for you. It's not always going to be easy, or sunshine and flowers. But you will have the Holy Spirit so I can promise you that you will never be alone again; I can promise you that you will always have a friend in God and peace and hope between the pages of the Bible – for the Lord is always there when you study His word. He will never leave you nor will He ever forsake you! You will always be in Him, and He will always be in you!

Ideas:

- Share your salvation story, and how God healed you from the greatest sickness that plagues man, which is Sin.
- Perhaps you know someone who needs this study because they are struggling with knowing if they are in the Lord or not. You might want to share what you have learned with them!
- Or perhaps you want to get on [Blueletterbible.org](http://Blueletterbible.org) and start looking at more of the words to dig a little deeper into what this mighty passage has packed in it waiting for you to discover through the guidance of the Holy Spirit inside of you.
- Maybe you need to pray for a family member, friend, or coworker who is facing an illness, but is also not saved. Now you know how you can pray for them. Praying that God not only heals their body, but heals and saves their souls.

What an incredible day we have had in the word! What was your greatest take away from today?

# Day 5

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It is such an honor to be studying with you! Our prayer is that you grow more in the Lord and are strengthened in who He is so that we can be like Daniel in our day.

“...BUT THE PEOPLE WHO KNOW THEIR GOD WILL DISPLAY STRENGTH AND TAKE ACTION.”

Daniel 11:32

With that let us jump into today’s study as we continue our quest to understand more about who the Lord is and what He says about thanksgiving and praise.

---

Start in prayer! Ask God to give you wisdom and insight to see what He wants you to see. Ask Him to help you understand His word, and to write it on your heart as you grow in your understanding of Him and His truth. And ask that the Holy Spirit guides you today!

One of my favorite song lyrics is “Holy Spirit you are welcome here.” That’s my prayer for us today as we study together!

Great! Now grab your Bible and turn to Psalm 136:1-9 (if you have the time go ahead and add verses 23-27)! Read it and let it sit with you for a few moments. This passage is beautiful and powerful.

What stands out to you from this passage?

I love the Lord and His word. Don’t you?

It’s time to grab your pens, pencils, or highlighter, and your list on God that you have been working on the last couple of days and get ready to add to more.

Mark the Lord (keep marking the Lord the same as you did before).

What do you learn about the Lord from this passage?

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Psalm 136 has lovingkindness written 26 times!

So, let's take a quick look at what it means.

*Lovingkindness:* This is a covenant word that God used with His people all throughout the scriptures. It shows us the character of God by showing us His truth, His faithfulness, His mercy, His steadfastness, His justice, His righteousness, and His goodness.

God's kindness and faithfulness serves as the foundation for His actions and His character.

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What do you learn about lovingkindness from this passage?

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*Everlasting:* This word is outside of time when it comes to God for God Himself is everlasting! It can refer to both forward and backwards in time!

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In your own words why is it important for God to be everlasting and exist outside of time?

Is He not awesome and wonderful. Now grab your list on God and add what you just learned to your list there.

What do you see about God that keeps coming up?

From what you have learned about the Lord so far who is HE? What is HE like? What have you seen about Him that you are in awe of?

Look back over your list on God, including what you added today, what is your favorite thing you have learned about Him so far?

Has your view of God changed by what you have learned from the scriptures so far? How?

Now make a list on what you learned about giving thanks from this passage?

How is the Psalmist is praising God in this passage?

## *Take Action:*

Based on what you have learned about the Lord. Examine your heart – do you really believe that about God?

Do you need to change anything in your thinking to line up with His word?

This is where we must decide that we are willing to go from knowledge to wisdom. Proverbs says that the fear of the Lord is the beginning of wisdom.

Pray and ask the Lord to change your heart to see Him more as He is!

Now how can you turn what you have learned about the Lord in to worship, praise, and thanksgiving. Worshiping the Lord for who He is, according to His word, and not our imagining of Him?

### *Suggestions:*

Here would be a great time to sit down and really meditate on the passages of scripture that you have already looked at praying through them.

You can go through the list on the Lord and take each of the things you have learned about Him and write your own Thanksgiving and Praise love letter to Him.

Or you could write a declaration to Him – praising, thanking, and worshiping Him for who He is. As the Psalmists do. You can also personalize it by adding your own lines of what He has done for you in your own life. You can make it however you want. A poem, a song, or prayer – whatever works for you.

*Idea:*

It could look something like this.

I will give praise to the Lord, for He is among the peoples,  
I thank my GOD for He is among the nations,  
I stand in awe for His lovingkindness is great and above the heavens,  
I will praise my God for His truth reaches to the skies,  
My Lord is exalted above the heavens,  
His glory is above all the earth,  
He delivers His beloved people,  
He saves with His right hand,  
The LORD Himself is God,  
He has made us, and I will give Him thanks,  
For we are His people, and the sheep of His pastures,  
I will praise the Lord for He is good,  
His lovingkindness is everlasting,  
He is faithful to all generations,  
I will praise the Lord.  
He heals, and He saves, I will give thanks to my God.  
He hears and He answers, I will give thanks to my God.  
I will give thanks to the Lord, for He is good.  
For His lovingkindness is everlasting.  
I will give thanks to the GOD of gods.  
I will give thanks to the LORD of lords.  
It is Him alone who does great wonders.  
It is Him alone who made the heavens and the earth.  
He made the heavens with skill. I will praise Him!  
He spread out the earth above the waters. I will give Him thanks.  
It is He who made the great lights. I will praise Him.  
He made the sun to rule by day and the moon and stars to rule by night.  
I will praise the name of the Lord, I will give Him thanks.  
For His lovingkindness is Everlasting!

Feel free to take this as a base for yours.

Great job. I'm so proud of you! These are such beautiful verses! In order to truly understand Thanksgiving and Praise we need to know the One who we are giving thanks to and praising!

# Day 6

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What a week we have had in the word studying together. It is such an honor to be doing this study with you! I pray that God teaches you what He wants you to see and that you are blessed by spending time in His word!

Today is going to look a little different! Over the next two days we are only going to be looking at one chapter in the Psalms! With that feel free to spend a little more time just sitting with this passage. Tomorrow we will do most of the digging. Today we are mainly just resting and meditating on the Lord.

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Start by praying. Ask the Lord to guide you and lead you today into His word and understanding of His truth.

Grab your Bible and read Psalm 33 – let it sit with you!  
What stands out to you in this chapter?

Now grab you pens, pencil, or highlighters and mark the Lord including His pronouns the same way you have been the last week.

What do you learn about the Lord from this passage?

Add what you have learned about the Lord from this passage to your growing list on God from the last 5 days!

Great Job! That all for today, I know it is a quick day, but tomorrow we will pick back up and continue our study in Psalm 33.

### *Take Action:*

You can pray and praise the Lord, by taking one of the things you learned about Him from Psalm 33 and turn it into a prayer. And thank Him for it too!

Alright we will see you back here tomorrow for Psalm 33 part two! Looking forward to studying more with you!

## *Day 7*

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Welcome to Psalm 33 part 2! Today we are going to continue digging into this rich Psalm.  
You are going to walk away refreshed and encouraged in the Word!  
Take your time. Slow down. Mark, list, and let the Word change you!

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Was not yesterday rich in what you learned about the Lord?

Looking back over your list, or from memory – What was something you learned about the Lord that was new or that clarified who He is to you?

Now go to the Lord, praising Him for being that. For showing you who He is and clarifying Himself to you. Also ask the Lord to show and reveal to you what He wants you to see. Ask Him to open the eyes to your understanding and to work on your heart as to how you are to let what you learn change and strengthen you!

Awesome. Now read Psalm 33 again and let it sit with you once again.  
What words stood out to you from this passage and what do you learn from them?

Great now, I want you to go back through and pay attention to every reference to Gods word, His command, Him speaking, His breath. What do you learn about the word of God?



Now. Look at your Bible. That is the very word of God. The very breath of God. The commands of God. What level of importance should the Word have in your life based on what you learned from this passage?

Alright, now let's move on to learning about the righteous ones and the actions are we to take according to this passage (I recommend underlining the actions that the righteous are to take to be able to see it better and not miss anything.) What do you learn about the righteous ones and the actions they take?

What was your biggest take away from Psalm 33?

Do you not LOVE this chapter? There is SO much to unpack we could spend hours and days just cross-referencing and digging into this chapter! But that is not for today, however if you want to keep studying – absolutely do so!

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## *Take Action:*

Sing for Joy,  
Praise the Lord,  
Give thanks to the Lord,  
Sing praises with music,  
Sing to Him a new song,  
play skillfully with a shout of joy,  
Fear the Lord,  
Hope in His lovingkindness,  
wait for the Lord,  
Rejoice in the Lord,  
Hope in the Lord,  
Let Him be your help and shield.

Whatever your needs are lift them up to the Lord as a prayer of thanksgiving and praise. Then move into letting yourself fully trust and rest in Him with the thing that is weighing you down.

### *Suggestions:*

From the actions of the righteous list that you have written – what do you need to do today?

What in your life are you needing to wait for Him on? Or perhaps you need to let yourself rest in Him as your help and your shield? Write it down and give it to Him!

### *Ideas:*

If you feel led you can also pray Psalm 33:10-12 over your community or nation!

You can pray Psalm 3:1-5, 18-22 over yourself, your family, loved ones, even your church!

Perhaps you just want to worship God – Psalm 33:6-9 would be a beautiful prayer of worship!

## *Day 8*

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Today is Day 8 of these 30 Days of Thanksgiving and Praise!

We are so grateful that you are taking this time to study the Bible with us. Building a beautiful list on God that will carry you thorough even your darkest hour. The more you study God and get to know Him the stronger you will be as a believer in Jesus Christ!

We still have many more beautiful passages of scripture to study and teach us of who we are to be thanking and praising!

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Before you begin today, take some time and pray.

Grab your list on God and start with taking one or more things that you wrote down about Him and praise Him for it.

Then ask Him to open your eyes to see what He wants you to see and to understand what He wants you to know! We have only to ask for our eyes to be opened and to ask for wisdom and He will give it to us as we study His word!

Great – now grab your Bible (or app) and go to Hebrews 13:15-16 Read it and let it sit with you for a moment!

What sticks out to you from these verses?

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Yes, you are thrown into this passage without a good understanding of context. If you are curious about context read Hebrews 13:7-16

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What do you learn about God from these verses?

Through Whom do you offer up a sacrifice of praise?

How often are we to offer that sacrifice of praise?

The fruit of the lips that do what?

Just in case you might have missed it. What are the sacrifices that God is pleased with according to these verses?

- 1.
- 2.
- 3.

What is the Holy Spirit showing you today in your own life that will lead to you living out these verses?

## *Take Action:*

Offering up a sacrifice of praise – the first fruit of lip that gives thanks to His name (NASB)

Doing good –

Sharing –

How can you live these out in your life?

### *Ideas:*

- You could write a note of encouragement to a friend, family member, or coworker.
- You could volunteer – Church, a soup pantry, there are tons of options here. Both within the body of Christ and outside as a witness to the world.
- You could find a local church that is doing a thanksgiving food drive
- You could open your home and share your thanksgiving with friends that don't have family near or a place to spend thanksgiving.

Pray about what God wants you to do! You don't have to spend extra money if it's tight right now. Your heart is what He wants! There are tons of ideas that you could do that are both large and small – let's try and make it a habit of our lives if it not already. We don't want to just do it during the holidays. However now is a great time to get into the habit, but we should be living this scripture throughout the year as the Lord leads us!

# Day 9

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Today we are heading back to the book of Psalms. I love how God works. Yesterday, I talked with my Papa, and he shared this Psalm with me and today it is the next Psalm in this study. This is one of his favorite Psalms in the Bible. It is just beautiful how our God works. Preparing my heart to the beauty of this passage from my pastor Papa and now I get to have the humble blessing to be able to walk through it with you!

We will be taking two days to study this Psalm because there is so much packed in it.  
I pray it will encourage you greatly for this day and age we live in!

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Read Psalm 86:11 now pray this verse over your time in the word. Asking Him to teach you His ways, so that you can walk in His truth. Uniting your heart to fear His Name! Let this be our cry as we study His word today!

Now, read the whole of Psalm 86 and let it sit with you for a moment!  
What sticks out to you from this Psalm?

Read Psalm 86 again and mark the Lord.  
What do you learn about the Lord from these verses?

WOW! is not our God amazing?

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When David prayed in this Psalm, he used 4 Hebrews Names for God. We will look a little into what each name means.

In verses 1, 6, 11, & 17 David uses the name *Yāhōwā* 3068 (YHWH) which is the proper name for the GOD of Israel. This is the name He used to reveal Himself to Moses in Exodus 6:2-3, 14 the “I AM THAT I AM” This is GOD’s most holy and sacred name! This name relates to Gods redemptive work and can often be pared with another of Gods names to describe in greater detail who God is.

Psalm 86:3, 4, 5, 6, 8, 9, 12, & 15 David uses God’s name *adonay* 136 (also known today as Adonai). Meaning my Lord, it also was often used instead of YHWH. The name points to the supreme authority and power of God. Emphasizing His matchlessness.

David also used Elohim 430 in Psalm 86:2, 10, 12, & 14, This name is used over 2600 times in the Old Testament. Pointing to Him being the One true God. This name points to God as Creator, King, Judge, Lord, and Savior. He is compassionate, gracious, faithful to His covenant. It also reveals Gods fullness of power, His kingly rule, and points to the Trinity.

Last, but certainly not least we will be looking at the last name David used for God in this Psalm. *El* 410 – This name is one of the most ancient expressions for God. He is the One true God, He is holy, He is the God of gods, He is a forgiving God, He is with us – Immanuel. He is the God of our salvation, He is gracious. Just to name a few of the characteristics of God found by studying this name.

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Now read the Psalm once more – just watch how David uses these names for God and then how he either describes Him, or calls on Him for action.  
Write down what you see!

Can you see how Gods names play a huge roll in how David prays with confidence?  
Do you know God that you can boldly go before Him in prayer as David did? End today by asking the Lord to teach you how to pray and how to confidently go before Him yet while in reverence for Who He is!

Great Job! We will pick up tomorrow with part 2.



# Day 10

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Welcome back for part 2 of Psalm 86! Was not yesterday beautiful?  
I'm so excited to jump back into this Psalm with you!  
Today we will look at David and how he gave thanks to God!

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Pray – you can pray vs 11 and praise Him from vs 5, 8-10, & 15. Go to the Lord and ask Him to lead you to understand His word today.

Grab your Bible and read Psalm 86! Let it sit with you again, let the Holy Spirit remind you of what you saw yesterday already. Write down what stands out to you!

Now mark David. I underlined him in blue.  
What do you learn about David from this passage?

What is David's relationship with the Lord according to these verses?

What is David asking God to do on his behalf?

Now we are going to focus on verses 10-13!  
What does David say about the Lord in verse 10?

What does David ask of the Lord in verse 11?

What does David say in vs 12?

What does David say the Lord has done for him in verse 13?

What leads to David's giving thanks to the Lord?

Mark prayer, call, and the many other words that he uses to get Gods attention and talk to Him. Then list all that you learn about David praying. I always circle prayer with my favorite pink pen and color it in with pink. Feel free to mark it however you want!

How important is prayer in your life?

What do you need to do to make it even more important in your life?

*Take Action:*

Whatever stood out to you the most from the last two days – take that and create your own prayer of thanksgiving to the Lord!

The best way to praise the Lord is to pray and praying back His word is a good place to start!

It could sound something like this:

*O Lord, You are great and do wonderful things. You alone are God!*

*Teach me Your ways, O Lord! I desire to walk in Your truth.*

*Unite my heart to fear Your Name. I will give thanks to You with all my heart.*

*And I will glorify Your name forever!*

*For Your lovingkindness towards me is great!*

*You alone have delivered my soul from the depths of Sheol!*

*Suggestion:*

Share what you have learned with a friend or share it on social media. We need to be encouraging each other in the word and social is a great way to encourage fellow believers, and open the door to share the Gospel with none believers!

This is David's prayer to the Lord – He was “a man after God's own Heart” so watching how he prays is super good to study and emulate. May you be blessed as you keep studying!

# Day 11

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It is such an honor to be studying with you and learning a little more about what God has written in His word on Thanksgiving and Praise!

Today we are going to be looking at one of my favorite Psalms – one that brought me a lot of comfort during a hard season in life! I am in awe and so grateful that God uses His word to comfort us. He is always there during our hardest moments. Then later on in life when you read that passage He reminds you that He brought you through that hard season. That's what this chapter is for me!

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Lets start with prayer. Asking God to show you His truth and who He is! Ask Him to open your eyes to see and understand His word. Ask Him to be your guide today!

Alright let's get started!

Now grab your Bible and turn to Psalm 113. Read it and let it sit with you for a few moments. What stands out to you from this passage?

Now get your pens, pencils or highlighters and mark the Lord the same way you have been marking Him. What do you learn about the Lord from this passage?

How many times did you see the word praise?

Who are we to praise?

When are we to praise Him?

For how long are we to praise Him?

Where is He according to verse 5?

What is the Lord doing in verses 6-7-8?

Do you see the gospel in verses 6-7-8?

Now lets not forget verse 9!

What does verse 9 say?

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Personal back story as to why is verse 9 is so important to me! Well, the truth is, my parents tried having another child when I was in my early teens. I wanted a sibling so badly. I don't like being an only child. And I prayed and prayed and prayed for a brother or sister. But God's final answer was no! It hurt. My mom had many miscarriages and this verse I read over and over and I would pray it over my mom. But I learned the hardest lesson we all must learn in our Christian walk and that is the simple two lettered word – NO!

Although I have often wondered why, I have seen the fruit that has come from the pain we, mostly my mom, suffered and have gone through and how much my mom has been able to reach into other women's lives and has been able to love them and strengthen them during their own journey of infertility. So, God gave me this chapter and I memorized it – and if you know me, then you know, I have a VERY bad memory so memorizing one verse let alone 9 is a challenge. But I memorized it because I needed it so much for comfort – to remember that my God is able. Even if He chooses not to give us what we want, it does not mean He is not able. it simply means that whatever it is we are asking for is not in His plan for our lives!

So whatever you are facing right now. Never forget our God humbles Himself to behold us (verse 6). To look at us here on earth. Not only that, and like that's not big enough, He humbled Himself to come to earth to save us. He loves us that much. I don't know what you are facing or praying for, but God's way is always the best way. Just think about it, if you are truly in Christ, then we the once poor and needy in spirit, will someday sit next to the King of kings, and the Lord of lords. Not because of ANYTHING we did, but because of who He is and what Christ did!

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## *Take Action:*

What are you needing to remind yourself that God is above it all on? Write it down and tell the Lord that you are giving it to Him!

### Suggestion:

Think about what verses have helped you in the past to get through hard seasons in life. Write them down and if you have time, list what you learn about the Lord from those verses!

Then share it with a friend or on social media – praise the Lord through that hard time and season. Bless His name – praise Him. Let others see how He has brought you through, you just might be the one God has placed in the life of another to help them and point them back to Him!

# Day 12

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Welcome to day 12 of these 30 Days of Thanksgiving and Praise. I can't tell you how much of a blessing it is to be able to study God's word with you. Growing and learning a little more about what the Lord has written in His word on Thanksgiving and Praise!  
Now let's jump into today's study and continue our quest to understand more about what He says about thanksgiving and praise!

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Before we begin start in prayer! Ask God to give you wisdom and insight to see what He wants you to see. Ask Him to help you understand His word, and to write it on your heart as you grow in your understanding of Him and His truth. And ask that the Holy Spirit guides you today!

Great! Now grab your Bible and go to Colossians 4:2-4! Read it and let it sit with you for a few moments. What stands out to you in this passage?

What is going on in this passage?

Mark prayer – I always circle prayer with my favorite pink pen and color it in with pink. Feel free to mark it however you want!

What do you learn about prayer from this passage?

When praying what is their attitude supposed to be?



What are they to devote themselves to?

In this passage who are they being asked to pray for (if you want to know who the “us” is referring to read Colossians 1:1)?

What are they to pray over them?

Why is Paul and Timothy asking for prayer?

Who opens the door for the Word to go out?

What has happened to Paul because of the Word of God?

What is Paul doing in verse 4?

How are you to pray according to these verses?

How can you pray for your spiritual leaders?

*Take Action:*

Spend some time lifting your pastor and church leadership up to the Lord in prayer! You can pray this passage of scripture over your pastor and church leadership. And if you know other pastors or have friends in ministry lift them up as well!

It could sound something like this (of course you would put your pastors name and change it up for your church family's needs) ...

Dear Father, I want to bring pastor Frank up to you. Lord, please open up the door for Your word. Let him speak of the mystery of Christ in a clear and beautiful way that honors You! Let him be filled with Your Holy Spirit and Your word so that he can speak boldly and in love – so that Your word will go forth! Draw to Yourself those who are Yours, let them listen to pastor Frank as he opens Your word and preaches and teaches Your truth. Close his mouth when he is about to say something that is not of You and give him a boldness when he is speaking what You have him to say. Father be with him, protect him, guide him, lead him, and guard him that he may stay a man that is rooted and grounded in You!

Father I also want to lift up all my church's pastors, leaders, and volunteers. Please be with them all let Your word have its way in and through each of them as they lead and shepherd the sheep. Let them lean and rest on Your word and in Your Holy Spirit as they tend to the flock. Please keep the wolves in sheep's clothing out of our leadership and volunteers! Please guard the church from the enemy. Don't let him get into our church to distract, cause division, and ungodliness to infiltrate our church. Lord, please guard our church family and give pastor Frank and all our pastors an extra dose of wisdom and discernment during these crazy times we are living in. You alone get all the glory, all the honor, and praise! We thank You for such a wonderful, imperfect, but wonderful church family to be a part of! And thank You for the consistent steadfastness in Your truth and the truth that pastor Frank has held to! Please bless him and our church!

In Jesus holy and wonderful name Amen!

### *Suggestion:*

If you have time make a list of everyone you know by name in your church leadership, church ministry, or in any other ministry write down as many names as you can – you can even include volunteers you may know within your church (even if you only know them by their first names) and pray for them by name. Lift them up and their ministry before the Lord. Asking that He would let His word go forth and that they would speak in a clear way what they ought to speak!

### *Ideas:*

- You could take some time with your family and just pray for your pastor and church leadership.
- On Sunday you could ask your pastor at the end of the service or before if you could pray for him – it does not have to be long or fancy, but I know it will encourage him to keep walking.
- You could lead your small group or Sunday school in time of prayer to lift your church leadership up and do popcorn prayers for whoever wanted to pray!
- You could also put a reminder on your phone to pray for your pastor, his family, and your church leadership and their families at a certain time each day or week!

# Day 13

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You are almost done with your second week. What a beautiful time we have had in the word studying together. It is such an honor to be doing this study with you!  
I pray that God teaches you what He wants you to see and that you are blessed by spending time in His word!  
We will be taking the next two days to study Psalm 145.

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Let's get started by praying. Ask the Lord to guide you and lead you today into His word and understanding of His truth.

Grab your Bible and read Psalm 145 – let it sit with you!  
What stands out to you in this chapter?

Now grab you pens, pencil, or highlighters and mark the Lord!  
What do you learn about the Lord from this passage?

Add what you have learned about the Lord to your growing list on God!!!  
Great Job! That's it for today, tomorrow we will pick back up and continue our study in Psalm 145.

### *Take Action:*

You can pray and praise the Lord, by taking one of the things you learned about Him from Psalm 145 and turn it into a prayer. And thank Him for it too!

Alright we will see you back here tomorrow for Psalm 145 part two! Looking forward to studying more with you!

# *Day 14*

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Today we are going to be jumping back into Psalm 145 digging a little deeper into this chapter growing in our understanding of thanksgiving and praise!!!

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Great now read once more Psalm 145 and let it sit with you!  
What stands out to you?

What was your favorite thing(s) you learned about the Lord Psalm 145?

Awesome now go to the Lord and praise Him and thank Him for being who He is! Use this time to praise Him for these attributes! And don't forget to ask that He opens your eyes to see His truths and ask Him to help you understand this chapter and to get out of it what He has for you to learn!

Great job! Don't you love being able to pray His attributes back to Him...it makes praising Him so much more amazing because you really see who He is! He is so awesome and wonderful!!!

Now let's jump into this chapter!

What do you learn about the Psalmist from this chapter (if it is easier you may want to underline the psalmist including the pronouns)?

Who is the Psalmist? If you don't know than you can read Psalm 18:1 – He also wrote this Psalm!

Who is does He say God is in verses 1-9?

How does the Lord take care of those who fear Him according to verses 10-20?

What do you learn about those who fear the Lord, what do they do?

How are they praising the Lord from generation to generation according to verse 4?

What did you learn about thankfulness from this chapter?

What did you learn about praise from this chapter?

Do you not LOVE this chapter? There is SO much we could keep going on exploring and spend hours and days just cross-referencing and digging! But that is not for today, however if you want to keep studying – absolutely do so!

*Take Action:*

What stood out to you from this chapter that you want to start living out in your own life?

Do you have kids? Grandkids? or do you have younger people looking up to you? How can you live out verse 4 today?

Great job. I'm so proud of you! These are such beautiful verses that are filled with encouragement and practical ways to live a life that praises and gives thanks to our God!

*Suggestions:*

If you have not already go back and add all the things you learned about the Lord over the last 14 days and just sit with the list and pray talking to God by speaking out loud of all His attributes, characteristics, and praise Him for who He is!

*Ideas:*

- Write a post on social media sharing your top 10 things you love most about who God is!
- Talk to the next generation about who He is – fulfilling vs 4!
- Meditate on the glorious splendor of His majesty and on His wonderful works – vs 5

## Day 15

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I'm so excited about what the next couple of days have in store for us to build upon and learn about giving God praise and thanks. Just a bit of a heads up we are going to be a little heavier on verses, for the next couple of days and then we will go back to looking at a few verses at a time!

If you are doing this in November than I know we are beginning that crazy season.

I encourage you to do your best – it is going to be so encouraging for the days ahead!

So, without any more delay – Let's jump into today's passage!

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Grab your Bible and go to Psalm 146! Read it and just let it sit with you!

What stands out to you from this passage?

Now go to the Lord in prayer and ask Him to open your eyes to understand what He wants you to see and to be your guide today through His word!

Now re-read the passage and mark the Lord – the same you have been marking Him all along!  
What do you learn about the Lord from this chapter?

Now look back on your list on God – What stands out to you the most from this list? Why?

Now praise and thank Him for that attribute!

What do you learn about the psalmist?

What do you learn about the mortal man in verses 3-4?

What do you learn about whose hope is in the Lord?

How does the Lord take care of them?

Just to be clear -

the oppressed (vs 7) – He \_\_\_\_\_

the hungry (vs 7) – He \_\_\_\_\_

the prisoner (vs 7) – He \_\_\_\_\_

the blind (vs 8) – He \_\_\_\_\_

those bowed down (vs 8) – He \_\_\_\_\_  
the righteous (vs 8) – He \_\_\_\_\_  
the strangers (vs 9) – He \_\_\_\_\_  
the fatherless (vs 9) – He \_\_\_\_\_  
the widow (vs 9) – He \_\_\_\_\_

But for those who do not love the Lord what do you learn about them?

Again just to be clear -

**But** the wicked (vs 9) – He \_\_\_\_\_

How can you make this chapter apart of who you are and a part of your own character as a believer?

It is so amazing to remember where we once were and be reminded by where we are now! All because He LOVED us so much that He sent His one and only Son to die on a cross that we might, through Christ, be righteous and be loved by the LORD!!! What a marvelous thing it is!

Awesome job! There is so much we could unpack if we had unlimited time – in fact if you want to go and search out where Jesus made a man born blind to see you can go to John 9 it is an incredible miracle that Jesus performed (one that ONLY GOD HIMSELF could do)! And I know that there were many more accounts in scripture that might have popped into your head while going over the list about who the Lord takes care of and how He does it. Feel free to search them out!

*Take Action:*

What is the Lord teaching you from this chapter?

Suggestion:

Examine your heart praying and asking God to reveal who and what you are really trusting in!

It is always important to examine our hearts to see who we are really trusting in! We must always remember who ultimately is in charge and who we are to trust in. By learning more and more, making lists, and really focusing on who the LORD is I find it easier to rest in Him and trust in Him! I hope you are too!

I'm so excited to be on this wonderful journey with you! It has been such an honor to be an assistant guide through these last 15 days of thanksgiving and praise! I pray you are encouraged and strengthened in your walk with the LORD during this time! Alright, I will see you back here tomorrow!

*Day 16*

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What a blessing it is to get to study these passages of scripture with you! We are a little over halfway through these 30 days of thanksgiving and praise!  
Today we are going to once again see how all of creation is praising the Lord as we look at Psalm 148!

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Before you begin start in prayer. Ask the Lord to open your eyes to see what He wants you to see and to understand His truths!

Great! Now grab your Bible and turn to Psalm 148. Read it and let it sit with you for a moment! What stands out to you from this passage?

Now go back and mark the Lord the same way you have been!

What do you learn about the Lord from this passage? (don't forget to add it to your running list)

Ok, now look at the word praise. How many times is the word praise used in this chapter?

What do you learn about praise?

Who is to praise the Lord?

Why are they to praise the Lord?

Great job! Now go back through what you learned about the Lord on your list and praise Him!

Action:

Go back over your list on the Lord and think of all that is praising Him. Meditate on His greatness from the list you have on the Him!

What a blessing it has been getting to study these passages of scripture with you! I love seeing how all of creation is praising the Lord! And we are to join into the praise session that has been going on since the moment God spoke the world into existence!

What is the greatest thing that has stood out to you the most so far from this study?

# Day 17

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So excited for today's study. We are going to be looking at Psalm 150!

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Once again, before you begin start in prayer. Ask the Lord to open your eyes to see what He wants you to see and to understand His truths! And ask the Holy Spirit to guide you to how you can worship and praise Him in spirit and truth today!

Great! Now grab your Bible and turn to Psalm 150. Read it and let it sit with you for a moment! What stands out to you from this passage?

Now go back and mark the Lord the same way you have been!  
What do you learn about the Lord from this passage?

Where are we to praise the Lord according to verse 1?

Why are we to praise Him according to verse 2?

Ok, now look at the word praise. How many times is the word praise used in this chapter?



Who is to praise the Lord according to verse 6?

How are we to praise the Lord?

What a fun chapter we just covered. I love seeing how God wants us to use creativity to worship Him. We can worship in spirit and in truth with some beautiful music too!

What is your favorite way to praise the Lord?

What are some of your favorite worship songs?

Action:

Praise the Lord today using something from the list in Psalm 150! How can you praise the Lord today? What from this list what can you do?

*Suggestion:*

If you want to know what the instruments that are mentioned are you can look them up in a commentary or you can look them up in your Bible dictionary or online!

*Idea:*

- If you play an instrument find a worship song or hymn and play it for the Lord. It does not have to be perfect, just as long as you are worshiping and praising the Lord as you play it!
- You can also put on your favorite worship music and dance to it. There are actually some really great songs out there that are fun to do a little freestyle dancing to while also worshiping God.
- You can also print out your favorite Psalm and turn it into a song, this does not have to be 1# hit song of the year. But use that creativity that He has given you and make a joyful noise unto Him.

Looking forward to studying with you tomorrow as we jump into another passage of scripture! I'm so proud of you for sticking with it!

# Day 18

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Today is going to be both a good and interesting day in our study! If you are discouraged by what you see going on around you – I think you might be encouraged by today's chapter!

Just make sure that you lean on the Lord through this passage and let Him be your teacher!

I was planning on looking at another passage today, except when He leads you down a different direction you just listen and obey to the best of your ability!

With that we are going to be jumping into Psalm 52 today!

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Alright, go to Him now and pray – ask that He teach you, show you His truth and that He fills you where you need filled! Ask Him for eyes to see and for a heart and mind to understand what He has for you today!

Grab your Bible and go to Psalm 52! Read it and let it sit with you!

What stands out to you from this passage?

Now go back through it and mark God the same way you have been!

What do you learn about the Lord?

Now read and focus on vs 8-9 – what stands out to you from these verses? Why is David giving thanks to the LORD?

What do you learn about the evil man from this passage? (if you want to mark the evil- I underlined him in brown)

What is going on in your world? Your life, community, area, country, state, region, that fits the evil mighty man?

What does the Lord do to the evil mighty man in this passage?

Does evil prevail in the end or does God prevail no matter the outcome?

Based on your list that you have been creating on God and what you have learned about Him so far who should you trust in and who should you fear – man or God? Why?

Once again, just for clarity's sake, what does David say in vs 9 about God?

And how long will David give thanks to God?

## *Take Action:*

Now search your heart – who do you really trust? IF you are fearing man, that is good to admit and ask the Lord to help you to trust Him over men! And if you trust in God over man – whoohooo now encourage your fellow believers who are struggling – and YES you can help those around you to be a little stronger and bolder by you being bolder and stronger yourself in love by standing with the LORD and not fearing man!

### *Suggestion:*

Think about how you can pray and ask the Lord to strengthen you to be like David “a green olive tree in the house of God” How can you be steadfast in the Lord? Someone who leans and trusts in Him even through these trying times?

I hope you are encouraged after reading this chapter! You are greatly loved, and God ultimately wins! He is in control. There is nothing going on that HE does not know about and is not in 100% control over, even if we don't understand why He is “letting it happen”. We have already studied His character enough to know that He is good, and He is in total control – it may not make sense to us right now, but He understands every detail and knows His own plan! So do not worry – keep praying, praising, and thanking Him! Rest in Him, lean not on your own understanding, but in all your ways acknowledge Him!

Also, if you are struggling – keep going back over your list on God! Remind yourself of who He is and rest there! Oh, precious one you are loved, and you are beloved by God! Don't ever forget it!

# Day 19

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Today is going to be a quick day and only 2 verses!

Yes, a minor miracle.

Today is the passage we were going to cover yesterday. But if you are like me, I'm sure you are thanking Him that He added Psalm 52 to this study because of its great call to trust in God and be like "a green olive tree in the house of God" and encouragement that He will take care of us and take out the evil! Even if it was hard to face what is going on in this world. The peace that comes from remembering and truly realizing how much God is greater than anything going on. Even if it does not make sense to us. He is still in charge! I will just praise Him for that!

Ok, now enough of me talking. Let's jump into our study for today!

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Start in prayer. Ask the Lord to lead you to understand what He has for you to learn today! Praise Him for what He has done and tell Him one thing you are excited about in your life!

Now grab your Bible and turn to Psalm 118:28-29! Read it and let it sit with you!  
What stands out to you from these verses?

Who is the Psalmist giving thanks to?

Why is the Psalmist giving thanks to the Lord?

Add what you see about the Lord to your list!

## *Take Action:*

Turn these two verses into a prayer!

It could sound something like this...

You, O Lord, are my God! I will give thanks to You!

You are my God and I will extol You!

I will give thanks You, my Lord, for You are good!

Your lovingkindness is everlasting!

Amen!

### *Suggestion:*

Write a list on God from memory from what you have learned about Him so far from this study. Then praise Him!

### *Ideas:*

- Create a list about God from your own walk with Him. Listing the attributes that you have been able to testify personally to – then go and find the scriptures that match who He is from your own walk. Memorize those scriptures.

#### *Example:*

God is my God (Psalm 118:28)

God is good (Psalm 118:29)

He is merciful (Psalm 86:15)

He is merciful (Psalm 86:15)

He is slow to anger (Psalm 86:15)

He is abundant in lovingkindness (Psalm 86:15)

He is truth (Psalm 86:15)

I told you today was going to be a quick day! I pray you have a fantastic rest of your day!

Looking forward to seeing you tomorrow where we will jump into another passage of scripture!



# Day 20

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What a time we have had in the word studying together. It is such an honor to be doing this study with you! I pray that God continues to teach you what He wants you to see and that you are blessed by spending time in His word!

We will be taking the next two days to study Psalm 111.

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Before you get started, go to the Lord in prayer! Ask the Lord to guide you and lead you today into His word and understanding of His truth.

Grab your Bible and read Psalm 111 – let it sit with you!

What stands out to you in this chapter?

Now grab you pens, pencil, or highlighters and mark the Lord including His pronouns the same way you have been the last week.

What do you learn about the Lord from this passage?

*What do you learn about the Lord from this passage?*

Great Job! That is it for today, tomorrow we will pick back up and continue our study in Psalm 111.

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### *Take Action:*

You can pray and praise the Lord, by taking one of the things you learned about Him from Psalm 111 and turn it into a prayer and thank Him for it too!

Don't forget to add what you have learned about the Lord to your growing list on God

Alright we will see you back here tomorrow for Psalm 111 part two!

# Day 21

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Today is such an exciting day we are picking back up in Psalm 111!  
Digging a little deeper into this chapter!!!

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Go to the Lord in prayer! Whatever it is that stood out to you the most, from yesterday's study, Praise Him for it! Also don't forget to ask Him to open your eyes to understand His word and ask that the Holy Spirit guides you today in what He wants you to see and know about Himself!

Now read the chapter once more! Rest and ponder!  
What stands out to you from this chapter today?

What do you see about the psalmist in verse 1?

What do you see about the works of the Lord in verses 2-7a (to better see what is said about His works you can underline it)?

What do you learn about His precepts in verses 7b-8 (you can also highlight His precepts)?

What do you see about the Lord in verse 9?

What do you learn about the one who fears the Lord in verse 10?

Who's praise endures forever according to verse 10?

What else do you see in this chapter that stands out to you?

Great job!!! There is SO much more in this chapter to be explored! If you have more time today or another day I strongly suggest studying this chapter more, there is a wealth of understanding about who God is and how we can fear the Lord which is the beginning of wisdom from this chapter!

## *Take Action:*

Just sit with what you have learned today about the Lord – how does what you learned about the Lord from this chapter help you to fear Him (this fear comes from knowing Who God is and knowing/understanding His word – a good and healthy kind of fear!)?

### *Suggestion:*

- You can post on social media what you learned about the Lord today
- Share what you have learned about the Lord with a friend, family member, or co-worker.
- Start a journal on who the Lord is or a notes section in your phone so that you can keep adding to your list on God even long after you are done with this study

Well done! I'm so grateful for your diligence to study Gods word! You are being faithful and as you learn more and more about praising and thanking the Lord it is our hearts desire that you grow in the natural desire to praise and thank Him more and more in your everyday life. As well as see who He is as you go about your daily life and read and study the Bible!

# *Bonus Day*

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We are so excited you have joined us again for another beautiful passage of scripture to remind us who we are to be thanking during this beautiful season of thanksgiving!

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Before we start today's study go to the Lord in prayer. Ask Him to open the eyes of your understanding and ask Him to teach you what He wants you to learn from today's study! Ok, now let's jump into today's Bible passage!

Grab your Bible and open it to Ephesians 5:19-20 (if you want context read 15-21) and just read it. Let it sit with you for a moment! Now what jumped out at you? What captured your attention? Write it down!

How are we to be speaking to one another?

Who are we to be making melody to in our hearts according to verse 19?

Who are we to be always giving thanks to?

What are we to be giving thanks for?

What does “all” mean?

Exactly – all means all! Does that not send a strong message that in ALL things we are to give thanks? The good along with what we perceive as bad. We are to give it all over to the Lord with thanksgiving. Using every excuse to worship God in all circumstances. That reminds me of when Paul and fellow believers were in prison Acts 16 it is a good read if you have the time. According to vs 25 what were Paul and Silas doing?

What did you learn today that you need to start doing in your life? How can you live out Ephesians 5:19-20? Or are you in a season in your life that you need to learn to praise God as Paul did in Acts?

## *Take Action:*

Pray and ask the Lord to help you to live out what you have learn about today!

What do you need to praise God for that you are struggling with? What do you need to hand over to Him in worship and thanksgiving?

### *Suggestion:*

- Examine your life – in what area are you lacking praising God in?
- Add to your list on God what you learned about Him today.
- Pray for your family, friends, co-workers, Sunday school class, small group, & pastors.

I pray we will learn to praise God in all circumstances. In all things, albeit good or bad.



# *List On God*

# *List on God*

# *List on God*

# *List On God*

# *List On God*

# *List On God*

# *Notes*

# *Notes*



# *Notes*

# *Notes*

# *Notes*

## *Recommended Resources*

- The Complete Word Study: New Testament By Spiros Zodhiates  
*The most accurate translations of the new testament and written to be understood by anyone who is willing to dig into the word of God. Which is one of the reasons I LOVE this book so much and use it every time I study the Bible!*
- The Complete Word Study Dictionary : Old Testament By: Warren Baker, Eugene Carpenter  
*The a great translation of the old testament. Written to be understood by anyone who is willing to dig into the Bible. Another book that I study with and is my Old Testament right hand helper to answer all the questions I have on definitions of words.*
- Strong or Strongest Exhaustive Concordance.  
*I use the NASB95 version of the Bible. There are several Exhaustive Concordances out there for a couple different versions of the Bible. You will want to get the one that matches your Bible. The Old and New testament dictionaries already mentioned will work with any concordance. But the concordance will not necessarily work with any version of the Bible.*
- New Inductive Study Bible By: Precept Ministries  
*This is my all-time favorite Bible. My first Precept Bible was given to me by my parents back in 2003 and it has been my only go to Bible since. I am now on my 5<sup>th</sup> New Inductive Study Bible – The Green NASB95 Milano Softtone.  
There are many places to buy this Bible. But when you buy any book or Bible directly from PreceptMinistries.org you are buying one for yourself and giving at least one to another person around the world. Precept is in over 70 countries. You can get it in several colors, textures, soft, or hardback. As well as able to choose from the ESV or NASB1995 versions!*