**"Renewing the Spirit of Thanksgiving"**

**Psalm 3**

 ***Overview***  Thanksgiving is one of the most popular and universally celebrated holidays in

our culture. It is seen as a time to connect with family, enjoy great food and take

a break from the busy-ness of the Fall season.

However as enjoyable as those things are, they may also serve to distract us

from what the primary call of Thanksgiving really is, namely to be thankful.

Appreciation and gratitude often get lost in all the festivities.

As Christians, we should lament this loss, for we serve a God who sees

thankfulness as an important part of our walk with Him. So what do we do when

we realize we have lost our spirit of thankfulness somewhere along the way?

***Getting Started*** *Being Thankful*



1. What aspect of your life right now are you most thankful for? Explain the

reasons or circumstances that have led to your gratitude.

2. What gift were you most grateful to receive as a child?

3. Is there anything you are thankful for that other people might find surprising or unexpected? Share and explain your unexpected cause for thanksgiving.

***The Text***

*A psalm of David. When he fled from his son Absalom.*



1Lord, how many are my foes!

How many rise up against me!

2Many are saying of me,

“God will not deliver him.”

3But you, Lord, are a shield around me,

my glory, the One who lifts my head high.

4I call out to the Lord,

and he answers me from his holy mountain.

5I lie down and sleep;

I wake again, because the Lord sustains me.

6I will not fear though tens of thousands

assail me on every side.

7Arise, Lord!

Deliver me, my God!

Strike all my enemies on the jaw;

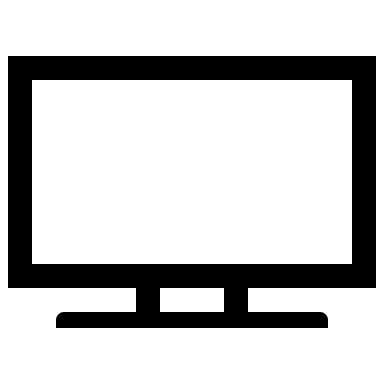
break the teeth of the wicked.

8From the Lord comes deliverance.

May your blessing be on your people.

Psalm 3 (NIV)

***The Video (optional)*** *“Renewing the Spirit of Thanksgiving” – Psalm 3* - by Dennis Bunio, Oct. 11/20 (view at www.immanuelonline.ca)



NOTES:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***Understanding***

1. What is the nature of the distress David is experiencing as he begins this



psalm (vs. 1)? NB: Consider the subtitle of the Psalm.

2. How are David’s enemies attacking David according to verse 2?

3. How does God help David in verse 3? In what ways does God serve as a shield for us (see Gen. 15:1-6)? How does He lift our head high?

4. What is the significance of David being able to call out to God (verse 4)? Why does it matter that God answers from His holy mountain?

5. By verse 6, how has David’s attitude changed compared to verse 1? How does David’s observation in verse 5 contribute to his perspective in

verse 6?

6. How does David contrast the power of God with the power of David’s enemies in verse 7? (NB: Consider also the language of verse 1.)

7. How has David’s focus of concern changed according to verse 8?

***Applying***



1. None of us are a “king” in the sense that David was – but can you think of any modern-day ways in which we might experience the same kind of threat David referred to in verse 1?

2. The attack described in verse 2 is really only one of words – but in what ways, if any, might this attack be more hurtful or damaging than the attack referred to in verse 1? Which of the two would you find harder to fight?

3. When in your life have you seen God acting as your shield? When has He lifted your head? (You may want to review some of the other thanksgiving Psalms for ideas on ways God has acted on your behalf. Check out Psalms 30, 34, 92, 107, 138.)

4. Are there some hard things in your life for which you are thankful to God for? Explain.

5. What are some of the small blessings in your life that you are thankful for and which remind you of God’s goodness? NB: You may want to spend some time in prayer giving thanks to God and listing some of the blessings He has brought into your life.

6. The apostle Paul often expressed thankfulness for his brothers and sisters in Christ ((Rom. 6:17; Eph. 1:15, 16; Phil. 1:3–5; Col 1:3, 4; 1 Thess. 1:2, 3). In what ways are you thankful for the people in your church?

7. Has this passage convicted, challenged or comforted you?

***Memory Verse(s)***

16Rejoice always, 17pray continually, 18give thanks in all circumstances; for this is God’s will for you in Christ Jesus.



1 Thessalonians 5:16-18 (NIV)

***Extra Resources***



* *“Renewing the Spirit of Thanksgiving” – Psalm 3* - by Dennis Bunio, Oct. 11/20 (view at [www.immanuelonline.ca](http://www.immanuelonline.ca)). Pastor Dennis outlines King David’s thought process for rediscovering thankfulness amidst his trials.
* *“No Longer Broken”* – by Tadgh O’Connell (read at [www.vox.ie](http://www.vox.ie)). O’Connell relates how God worked in his life as he dealt with alcoholism and disease. His story inspires thankfulness for God’s work in us.
* *“Christian Thanksgiving 2020”* – playlist found on “Spotify”. Listen to these songs to be encouraged to be thankful. Includes performances by Chris Tomlin, TobyMac, We the Kingdom, and others.