

What is it David believed God would do for him (v.7)?

Jeremiah 29:11 NLT - 11 For I know the plans I have for you," says the LORD. "They are plans for good and not for disaster, to give you a future and a hope.

Ultimately David had faith God would work out the plan for his life, not because he was worthy, but because of God's faithful love (v.8). God does have a plan for each of us. Our challenge is to yield our will to His and allow Him to complete that work.

Have you ever tried to force God to follow your plan for your life? How did that work out?

God's plan for us is not always easy (just ask Paul) but when we are in God's will, we will find more reasons to praise and thank Him.

Wrap Up

Thank you! Thank you! was the cry of David's heart to God. He wanted to sing God's praise and glory before the whole world. David had personally experienced God's love and faithfulness and his answered prayers. And even though he was still surrounded by trouble, David was able to thank and praise God because he yielded the plan for his life to God and recognized that his Creator would save him. We want to join with David thanking Him for everything, singing God's praise and yielding our lives to His plan.

Memory Verse

I give you thanks, O LORD, with all my heart; I will sing your praises before the gods.
- Psalm 138:1-8 NLT

PRAYER (20 MIN)

Ask your group to pray for you regarding one area where you can apply this study in your life: _____

Pray for your group members' needs. _____

Challenge- Thank God for the big things and for the small things in your life this week and search your heart to see if you have totally yielded the plan for your life to Him.

"Psalm 138"

Chroma- #5

INTRODUCTION

In this series, we have studied Psalms of praise and joy as well as psalms of lament. The final psalm of our Chroma series is Psalm 138; a psalm of thanksgiving. As Paul told the Colossians we are to sing psalms, hymns and spiritual songs with thankful hearts. In this psalm David looks back with thankfulness for God's goodness and looks forward with hope of God's faithfulness.

Ice Breaker (Optional—8 min)

Who was the last person you thanked?

STUDY QUESTIONS (45 MIN)

Psalm 138:1-8 NLT - 1 A psalm of David. I give you thanks, O LORD, with all my heart; I will sing your praises before the gods. 2 I bow before your holy Temple as I worship. I praise your name for your unfailing love and faithfulness; for your promises are backed by all the honor of your name. 3 As soon as I pray, you answer me; you encourage me by giving me strength. 4 Every king in all the earth will thank you, LORD, for all of them will hear your words. 5 Yes, they will sing about the LORD's ways, for the glory of the LORD is very great. 6 Though the LORD is great, he cares for the humble, but he keeps his distance from the proud. 7 Though I am surrounded by troubles, you will protect me from the anger of my enemies. You reach out your hand, and the power of your right hand saves me. 8 The LORD will work out his plans for my life--for your faithful love, O LORD, endures forever. Don't abandon me, for you made me.

1. Integration of Thanks and Praise

There are two Hebrew words in the Old Testament translated as "thanks". Both of them; yadah and towdah, are also translated as "praise". David begins this psalm with the word yadah twice as a means of emphasizing how much thanks and praise he was bringing to God. He says, "yadah, yadah with all my heart!"

On what occasion can you recall feeling such deep, whole-hearted thankfulness that you emphatically said, “thank you! thank you!” to God?

In this psalm David displays a blend of both boldness and humility; boldness to sing God’s praises before the “gods” and humility to bow down before his God. The word gods with a lowercase “g” can mean angels or princes or idols. This is not the only place where we are told to sing God’s praise in view of the world.

Psalm 105:2 NLT - 2 Sing to him; yes, sing his praises. Tell everyone about his wonderful deeds.

Psalm 108:3 NLT - 3 I will thank you, LORD, among all the people. I will sing your praises among the nations.

Isaiah 12:5 NLT - 5 Sing to the LORD, for he has done wonderful things. Make known his praise around the world.

David felt the pressure of these other “gods”, and we may as well.

Outside of church, in what settings do you find it easiest to thank or praise God and where is it most difficult? Family gatherings, workplace, neighborhood... What is it that makes it easy or hard?

2. Thankful for what God has done

David declares some of the reasons he has to thank and praise God. He remembers God’s love and faithfulness, the promises of His word, his answered prayers, encouragement and strength. There is always something for us to thank God for. We need not ignore the things that cause us to lament, but we must not be ungrateful for all God has done for us.

Jesus modeled giving thanks for us.

Luke 22:19 NLT - 19 He took some bread and gave thanks to God for it. Then he broke it in pieces and gave it to the disciples, saying, “This is my body, which is given for you. Do this to remember me.”

What are some of the reasons given in the following verses for us to be thankful?

2 Corinthians 1:11 NLT - 11 And you are helping us by praying for us. Then many people will give thanks because God has graciously answered so many prayers for our safety.

Philippians 1:3 NLT - 3 Every time I think of you, I give thanks to my God.

Ephesians 5:20 NLT - 20 And give thanks for everything to God the Father in the name of our Lord Jesus Christ.

What are the top three things you have to thank God for today?

3. Thankful for what God will do

David anticipates that God’s glory will be expressed before the rulers of the whole world (v. 4 -5) and His greatness will be acknowledged. But verse 6 describes something very unexpected.

Psalm 138:6 NLT - 6 Though the LORD is great, he cares for the humble, but he keeps his distance from the proud.

The humble are those who are literally or figuratively depressed; lowly.

How would these lowly ones be treated by the other gods and the kings before whom David declares the praises of his God?

Isaiah 57:15 NLT - 15 The high and lofty one who lives in eternity, the Holy One, says this: “I live in the high and holy place with those whose spirits are contrite and humble. I restore the crushed spirit of the humble and revive the courage of those with repentant hearts.”

We can both praise and thank God that He intervenes and restores those who’s spirits are crushed.

What individuals or groups come to mind that you can pray for God’s work of restoration in their lives?

In verse 7 we find why David is thanking God though he is “surrounded by troubles”.