



Like good music, a good life requires rhythm. This series is designed to help you set the tempo of each day so that you can move to the beat of God's purpose for your life, experiencing His peace, His power, and His presence in all you do.

## DISCUSSION QUESTIONS

1. Read and meditate on [Psalm 92:1-15](#). Jot down 1 or 2 new thoughts that seem important. Why are they important?
2. What does gratefulness (thankfulness) mean to you? How do you express it? How often should you express it?
3. In [Psalm 92](#), the psalmist praises God because he has personally experienced His works. “[To give thanks](#)” actually refers to glad remembrance of God’s action. What are some of His works that you have (recently) experienced? Have you praised God for them? If not, have a time of sharing and praising God right now.
4. It is interesting to note that internal attitudes played a significant role in Old Testament (OT) worship, which was centered on sacrifice. Giving thanks for God’s actions and praising God’s excellence were central to worship; these activities affected *emotions* and *attitudes*. Several OT passages emphasize the importance of a right heart, especially when opposing unethical actions that accompanied mechanically scrupulous worship. How do you think your emotions and attitude affect your worship? How could they positively impact your day-to-day life?
5. The psalmist advocates *declaring* God’s love and faithfulness in [verse 2](#) and *declares* God’s moral goodness in [verse 15](#). Does your prayer/worship declaring God to others? Why or why not?

## MOVING FORWARD

During the Thanksgiving holiday, we focus on our blessings and express our gratitude to God for them. But thanks should be on our lips every day. We can never say thank you enough to parents, friends, leaders, and especially to God. When thanksgiving becomes an integral part of your life, you will find that your attitude toward life will change. You will become more positive, gracious, loving, and humble. How will you start integrating gratitude into your daily routine? Who will hold you accountable?

## CHANGING YOUR MIND

<sup>1</sup> [It is good to praise the LORD, to sing praise to Your name, Most High,](#) <sup>2</sup> [to declare Your faithful love in the morning and Your faithfulness at night,”](#) Psalm 92:1-2