

# Psalms

A Four-Session Study on the Book of Psalms

## SESSION 4: THANKSGIVING AND HYMN PSALMS

This session, we will learn about the final two genres: Thanksgiving and Hymn. The Thanksgiving Psalms were written in response to an answered lament. The Hymn Psalms were written to celebrate and praise God.

### WIN

To know more about God through studying the Psalms and to engage with the Psalms in ways that help us become more like Jesus

### CONNECT

Take a few minutes to discuss the following questions:

1. When's the last time you remember being deeply thankful for something or someone?
2. What was the occasion?

### LEARN

Before watching the video together and discussing the questions provided, we suggest taking a few moments to pray. Here's a simple prayer you can use:

*Heavenly Father, As we watch this final video, let each of us remember those times when you have answered our prayers for help, and fill our hearts with gratitude; for you alone are God and eternally worthy of our adoration and worship. Amen.*

After praying, watch the video for Session 4.

### APPLY

Discuss the following questions as a group:

1. Psalms of Thanksgiving are in response to a lament, which could be summed up in three words: HELP ME, GOD! When is a time God has shown up in response to one of your "HELP ME, GOD!" prayers, and have you been able to use it to encourage someone else in their time of waiting?
2. Psalms of Thanksgiving tie us to specific ways God has shown up in our times of need. What are some habits or practices we can adopt to ensure these moments aren't forgotten, especially knowing we will face future times of need?



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3. The Hymn genre of Psalms is characterized by enthusiastic praise for God. When are the moments, or what are the occasions, when you are most aware of a compulsion to give this level of praise to God?
4. The fact that the book of Psalms includes hymns tells us that an entire nation of people needed to be reminded that God was worthy of their greatest and highest praise. Does it come naturally to you to offer praise to God? Why or why not? What makes praise challenging for us?
5. What are your biggest takeaways from Session 4? What do they teach you about who God is, and how can what you've learned help you become more like Jesus?
6. What are your biggest takeaways from the series and the group discussions each week? What is one new thing you learned about God? Yourself? Others? What is one idea, truth, example, or habit you intend to incorporate to help you become more like Jesus?

### PRAY

We suggest ending your group with prayer. This week, the group will take 3–5 minutes to write down what they are thankful for or what they consider praiseworthy. The leader will read their list to open the time of prayer. Each person will then have the opportunity to read their list aloud. The prayer will close with someone reading aloud **Psalm 146**, a hymn.

### WRAP UP

Examples of Thanksgiving Psalms: 32, 34, 92, 138

Examples of Hymn Psalms: 8, 67, 103, 146

Write your own Thanksgiving Psalm. How has God answered the cries of your heart? Where has he shown up when you needed him? How has he rescued you from harm? What are the thoughts and emotions you want to express to him?

Write your own Hymn Psalm. This is your version of the “Hallelujah Chorus”! This is the verbal expression of loving God with all of your heart, soul, mind, and strength. What emotions are present? What thoughts come to mind? What are the specific ways you want to praise the God who has, is, and always will love and be faithful to you? Who will never leave nor abandon you?

*Let everything that has breath praise the Lord.*

*Praise the Lord.*

**Psalm 150:6**

