



# MIND

session page

## Thanksgiving & Service

**Psalm 116:1-4, 12-19 | Session 9.18**

### Before the Session

Facilitator: In advance of the session

- Review today's scripture text and the session activities to help better facilitate the discussion.
- Have the Bible Background Video ready to view.
- Encourage your group to listen to the Faithelement podcast ahead of the next session (Share the link via email or social media).
- Find web links for underlined items on this session's webpage at [faithelement.net](http://faithelement.net).

### Context

Begin by asking:

- How has music or poetry helped you in your faith?
- What hymns or songs have you found particularly meaningful or helpful?
- What role does art, like music and poetry, play in our faith?
- How does art help us learn and understand things about God in a different way?
- How do they help us express emotions to God that we sometimes find hard to express?

## Content

Read Psalm 116:1-4, 12-19, then watch the Bible Background Video and ask:

- What do you think was going on in the Psalmist's life that might have prompted this kind of song?
- While it's easy to look for theology in this psalm – to try to understand God better – focus first on the feelings. What emotions does the Psalmist express?
- Why is gratitude an important part of our growth in faith?
- This isn't just expression of gratitude in words – how else does the psalmist express his gratitude?
- What is surprising about the depth of promises the psalmist makes (verse 16 for example)?
- Even though it's not common today to offer one's life and service to someone else, what does this kind of gesture say about the lengths to which we might express gratitude?
- Why is repayment – even if it's impossible – considered to be an important part of gratitude?
- Verse 15 has caused controversy in the past, so how do you understand this verse and why?

## Closure

Continue by asking:

- At what time in your life have you ever had this kind of gratitude to God?
- Why might people think that we should recite or sing these kinds of psalms or other songs, only when they are meaningful for us at the moment?
- This poem/song was preserved for generations of future worshipers to use to express their own gratitude to God. How might we preserve our own feelings and expressions of faith so that they could help others in their own journey?
- How else could we convey our story in a way that helps others worship?

Close with prayer.

**Writer: Jon Parks**