

Prayer - It's life changing Psalm 100

The journey – Psalm 100: 1 – 3

- God's presence is our destination
 - We are separated by our sinfulness
 - We are re-connected by Jesus
- A relationship to be discovered. A journey in and through a world broken by sin.
- Psalm 100 points us to the purpose and direction for life that will bring security, comfort and peace.

Thanks and praise are life changing – Psalm 100 4 – 5

- Enter His gates with thanksgiving
 - Thankful – the gratitude attitude
 - Some areas for thanksgiving:
 - My relationship with Jesus
 - The health you have given me
 - The way you have touched my heart
 - A new understanding of God's love and goodness
 - The things God has given me
 - The people around me who are special.
- ‘And His courts with praise’
 - Praise for God's nature and character
 - Praise is vital for relationships to grow
 - God longs for us to know Him for who he is not just for what we can get out of him.

Prayer the journey so far:

- A challenging relationship – that changes our desire to feel in control
- A re-focusing relationship – A focus on what I have.

Digging Deeper

For personal reflection:

On a scale of 1 – 10 where would you rate your prayer life at present? 1 being not existing, 10 really good. Where would you think this could realistically move to? What steps can you take to achieve this during this week?

Read through Psalm 100

1. Prayer its life changing! In what ways could you talk with a friend about the value of prayer? What personal examples would you give?
2. Read Colossians 2:7; 3:17 – Thanks is an important part of any relationship. What are the benefits of thanks in our relationship with God?
3. Developing thanks as a natural part of prayer often involves a change in attitude – a gratitude attitude.
4. In the Message, verse 4 reads: ‘Enter with the password: “Thankyou!”’ Why would thanks be a password into God’s presence?
5. Why is praise often a challenge for us in our praying?
6. ‘It’s a lot more healthy concentrating upon God than me – I need to judge my circumstances in the light of God, not God in the light of my circumstances’ (a man struggling with depression) What benefits are there in focusing on God’s character and nature?
7. Read Hebrews 13:15 – What is the ‘sacrifice of praise’? What are the benefits to us of a sacrifice of praise?