

The Psalm 100 Mini-Challenge

7 Days to a More Thankful Heart

This time of year encourages us to stop and think a little more about being thankful, and that is a good thing, but we all know that thankfulness should be more than something we do a few days of the year, or even one month of the year. If you're like me, unless you make a conscious commitment and effort, it's easy to have good intentions that never translate into good actions. You may also be like me if you sometimes feel a little discouraged or even overwhelmed when it comes to trying to take practical action on those good intentions. That is why I'm sharing this mini-challenge. Small, practical steps help us to achieve our goals. If your goal is to be truly thankful, from your heart, then I hope this will help!

Psalm 100 is very short, but is packed full of truths we need, and instructions to heed. This challenge is designed to help us take a few moments each day during this week to consciously cultivate a heart of gratitude and thankfulness toward God, and to encourage us to let that resonate in and through our lips and lives.

Will you join me as we take a deeper look at this beautiful psalm and seek to incorporate its wisdom into our lives? All you will need is your Bible, a notebook, a pen, and a heart that is willing to seek the Lord.

4 Simple Steps:

1. Read Psalm 100 daily.
2. Copy it at least once daily (this should take about 5-10 minutes).
3. Commit it to memory. Does this seem like a big step? Read it out loud, copy it, and start with memorizing one verse at a time.
4. Each day choose one of these steps:
 - a. Write down an action word/phrase in the Psalm:
Example: Serve the Lord
What one thing can I do today to show my gratitude to God?
 - b. Write down an attitude word/phrase in the Psalm:
Example: with gladness
Am I serving the Lord with gladness? How can I do that?
 - c. Write down something this passage teaches about God. Take the time to think about what that means. Thank Him for who He is.
Example: The Lord is good (vs. 5)
 - d. Write down a specific way to act on these truths. Choose something to do today, and make a commitment to do it.

Don't forget to pray and ask the Lord to help you as you seek to know Him and praise Him for His goodness. I will be sharing some of my thoughts and study suggestions as I work on this challenge. You can find my thoughts and share yours in the LIFT Bible Class, or on Facebook, Instagram, or Twitter with the hashtag **#Psalm100Challenge**. I would love to have you join me!