

# Playlist: 30,000 Feet

Psalm 100: A Psalm of Gratitude [Group Discussion Guide](#)

## Questions

How would you rate your level of gratitude on a scale of 1-10? Can you remember an experience in which you were overcome with gratitude? What caused it?

How would you compare the energy we spend pursuing what we want versus the energy we spend appreciating what we have?

Have you ever felt unappreciated? How does ingratitude (or the absence of expressed gratitude) damage our relationships?

Read Psalm 100 out loud. Spend a few minutes unpacking your thoughts with one another.

The word "Lord" is actually the Hebrew name for God—Yahweh. Most translations indicate this by altering the font in the word "Lord." Notice the amount of times the Psalmist uses God's name. What value is there in using someone's personal name in place of his or her title?

**Our gratitude is not based on what God has given us, but on who God is to us.**

What does this Psalm tell us about the character and nature of Yahweh?

## Challenge

**Begin a gratitude journal**, recording 3 to 5 things you are grateful for at the end of each day. Here's the catch: each day make the first item on your list something about God's character that you're grateful for.