



Bob Highlands III—Pastor

Office Phone: 360-754-7167

2805 BOULEVARD ROAD SE OLYMPIA, WA 98501

WWW.SONRISECHURCH.COM

EMAIL: OFFICE@SONRISECHURCH.COM

## **MARK YOUR CALENDARS**

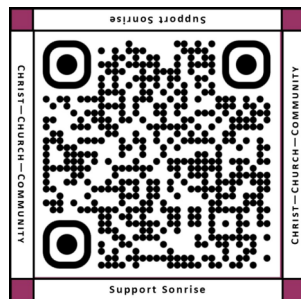
- ♦ **Decorate the church** for Christmas Nov. 28, Friday at 10 a.m.



- ♦ Annual **CHRISTMAS SWEATER** Sunday December 14
- ♦ **Signup for refreshment** for Sunday Fellowship.
- ♦ **December 28**—Seeking Jesus workshop and Kickoff Sunday. 9 a.m. & 10 a.m.
- ♦ **[Complete list of upcoming events at sonrisechurch.com/events.html](http://sonrisechurch.com/events.html)**

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**The  
Power  
of  
Praise  
in the  
life of  
the  
Believer**

### **Expressions of Gratitude**

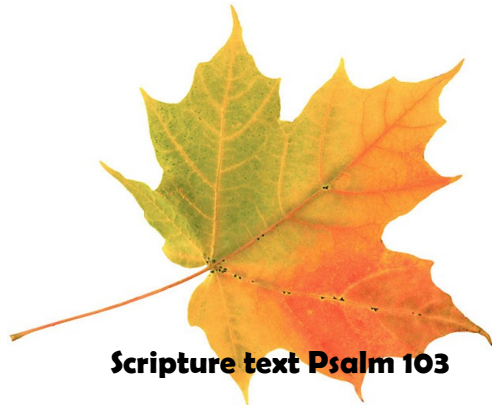
- ♦ **1 Thessalonians 5:16-18:** "Rejoice always, pray continually, **GIVE THANKS IN ALL** \_\_\_\_\_; for this is God's will for you in Christ Jesus."
- ♦ **Psalm 100:4:** "Enter his gates with thanksgiving, and his courts with praise! **GIVE THANKS TO** \_\_\_\_\_; bless his name!"
- ♦ **Colossians 3:15:** "And let the peace of Christ rule in your hearts, to which indeed you were called in one body. **AND BE** \_\_\_\_\_."

### **Reasons To Give Thanks**

- ♦ **Psalm 107:1:** "Oh give thanks to the Lord, for he is good; for HIS steadfast \_\_\_\_\_ endures forever!"
- ♦ **James 1:17:** "Every \_\_\_\_\_ gift and every \_\_\_\_\_ gift is from above, coming down from the Father of lights."

## The Role of Thanksgiving in Prayer

- ♦ **Philippians 4:6:** "Do not be anxious about anything, but in everything by \_\_\_\_\_ and supplication with \_\_\_\_\_ let your requests be made known to God."
- ♦ **Ephesians 5:20:** "Giving thanks \_\_\_\_\_ and for everything to God the Father in the name of our Lord Jesus Christ."



**Scripture text Psalm 103**

### The BIG Idea

- ♦ Imagine that this year the \_\_\_\_\_ had real meaning beyond football, eating, presents, and regrets.
- ♦ You know, THANKSGIVING being about \_\_\_\_\_ and APPRECIATION of all the blessings in life we receive from God.
- ♦ AND, of course, CHRISTMAS being about \_\_\_\_\_ the Christ, the son of God, coming to earth to provide for our deliverance from self-centered hedonism that separates us from God.
- ♦ You know, putting \_\_\_\_\_ back into Thanksgiving, and CHRIST back into \_\_\_\_\_.



### This week,

**We look at thanks in the life of the believer.**

**MONDAY**— Read Psalm 30.4, Psalm 50.14, Psalm 92.1

What actions of the believer are tied to giving thanks? How does each of these help the believer grow stronger in faith?

**TUESDAY**— Read 1 Corinthians 15.57, Colossians 3.14-15  
What are the limits to our thanks? How could applying this truth to your life make you a stronger believer?

**WEDNESDAY**— Read Job 1.21, Habakkuk 3.17-18, Romans 5.3, James 1.2-3  
How should hard times influence our thanks and daily attitude? Why is remembering this important to the believer when they are in difficult times?

**THURSDAY**— Read Psalm 9.1, 2 Corinthians 2.14, Hebrews 13.15  
How does our life of thanks influence the people we meet everyday? How can our thanks change the lives of others when they see it as consistent and true.

**FRIDAY**— Read Proverbs 3.6, 1 Chronicles 29.13, John 6.11, Jeremiah 33.11, Revelation 11.17  
How should thanks play a part in our lives daily? What aspect of thanks will we take with us into eternity?

**BONUS** - Read and note how each one directs the believer to live their lives. Psalm 95.2, Psalm 100.4, Psalm 106.1, Psalm 107.8, Psalm 136.26

**Remembering David says that \_\_\_\_\_ , &  
 \_\_\_\_\_ & \_\_\_\_\_ need to  
 Remember to be \_\_\_\_\_**

- ♦ \_\_\_\_\_ the LORD, you His \_\_\_\_\_ ,  
Mighty in strength, who perform His word, Obeying the voice  
of His word!
- ♦ \_\_\_\_\_ the LORD, all you His \_\_\_\_\_ , You  
who serve Him, doing His will.
- ♦ \_\_\_\_\_ the LORD, all you \_\_\_\_\_ of His,  
In all PLACES of His dominion;
- ♦ \_\_\_\_\_ the LORD, O \_\_\_\_\_ !



### **Some different THERAPY approaches**

- ♦ Therapy that LOOKS back for a \_\_\_\_\_
- ♦ Therapy that LOOKS for **Physical** \_\_\_\_\_
- ♦ Therapy that LOOKS for ways to \_\_\_\_\_
- ♦ Therapy that LOOKS \_\_\_\_\_ for answers
- ♦ Therapy that LOOKS to \_\_\_\_\_ for HELP - this is  
 \_\_\_\_\_

### **Praise the LORD Therapy**

- ♦ Bless the LORD, O my soul, And all that is within me, bless His  
holy name. vs. 1
- ♦ Bless, Praise, Thanks, Gratitude are all \_\_\_\_\_ and  
directed to the LORD God almighty. The foundation of being  
a thankful believer.
- ♦ My Soul: This is a \_\_\_\_\_ relationship based on  
God's gift of life to me.
- ♦ All that is within Me: From the depths of my being, the  
\_\_\_\_\_ of who I am and want to be.
- ♦ Bless His holy name: Philippians 2.9-11 \_\_\_\_\_



### **Praise as a way of life**

- ♦ David was a man of \_\_\_\_\_ and knew how it affected those around us.
- ♦ Psalm 34.1-2 I will **BLESS** the LORD at \_\_\_\_\_ times; His praise shall \_\_\_\_\_ be in my mouth. My soul will make its \_\_\_\_\_ in the LORD; The humble will hear it and \_\_\_\_\_.
- ♦ At all times: \_\_\_\_\_ to church or when things are going the way we want. (Acts 16.24)
- ♦ Continually be in my mouth: Praise is \_\_\_\_\_ or contained it is part of our testimony to the world. Matthew 10.32

### **Remembering to Remember**

- ♦ Bless the LORD, O my soul, And forget none of His Benefits; vs. 2
- ♦ The \_\_\_\_\_ of the Lord are not something we should be taking for granted or \_\_\_\_\_.
- ♦ Top 11/25 Everyday things we **forget**:
- ♦ You need to \_\_\_\_\_ to \_\_\_\_\_ God.

### **Making a LIST and Checking it Twice**

- ♦ \_\_\_\_\_ God's benefits are from the Past, Present, Future, and Eternal. See Verses 3-4
- ♦ Who \_\_\_\_\_ all your iniquities,  
\_\_\_\_\_

- ♦ Who \_\_\_\_\_ all your diseases; \_\_\_\_\_
- ♦ Who \_\_\_\_\_ your life from the pit, \_\_\_\_\_
- ♦ Who \_\_\_\_\_ you with lovingkindness and compassion; \_\_\_\_\_ (e.g. 1 Peter 5.4)
- ♦ One way to remember something is by making a \_\_\_\_\_.  
(I make and lose lots of \_\_\_\_\_)
- ♦ Psalm 103 is a \_\_\_\_\_ of things we should remember about our relationship with \_\_\_\_\_.



### **SO BE THANKFUL...because...**

- ♦ \_\_\_\_\_ restores your strength vs. 5
- ♦ \_\_\_\_\_ is always doing good for us vs. 6
- ♦ \_\_\_\_\_ is slow to get angry with us vs. 8
- ♦ \_\_\_\_\_ has not responded quickly when we blew it vs. 10
- ♦ \_\_\_\_\_ pours out his love on those who hate evil vs. 11
- ♦ \_\_\_\_\_ separates us from our sinful past vs. 12
- ♦ \_\_\_\_\_ is compassionate toward us as his children vs. 13
- ♦ \_\_\_\_\_ is aware of how fragile we are Vss. 14-16
- ♦ \_\_\_\_\_ love will never run out vs. 17
- ♦ \_\_\_\_\_ never forgets those who remember Him vs. 18
- ♦ \_\_\_\_\_ never changes and is not moving away. Vs. 19