

## Personal Journal

What did I learn about God?

What did I learn about myself?

What will I do with what I just learned?

## Prayer List

## Notes

Why do you think the Psalmist calls on the reader to give thanks to God three times in the first three verses?

Do the various acts of creation listed by the Psalmist motivate you to give thanks (v.4-9)? Why or Why not?

The Psalmist lists some of the ways throughout the history of Israel that God remembered and rescued His people (v.10-24). Make a list of the ways God has remembered and rescued you, then give thanks to God.

Throughout the psalm the Psalmist states, "His (God's) steadfast love endures forever." What do you think is the significance of this phrase, and why does the Psalmist use it so often?