



The Bible is full of passages that command us to give thanks to God and to praise his name. Either this means that God is an ego-maniac, full of himself, or there's something else going on when he tells us to praise and thank him. In this sermon from Psalm 100 we're not only going to look at what this psalm says, but discover that the command to give thanks and praise to God is really an invitation to enjoy him.

1. Read Psalm 100. What are the 7 commands to praise and give thanks to God in this Psalm? Which are easiest for you? Which are the hardest?
2. What are the two motivations given to praise and give thanks to God (see v.3b and v.5)?
3. How do you or others respond when you experience something you enjoy? Do you agree that praise is something we all do when we enjoy something?
4. Would you agree/disagree that the author of this Psalm enjoys God? Explain.
5. C.S. Lewis said, "Not only do we praise what we enjoy, but our praise completes our enjoyment of that which we enjoy." Can you give any examples of this?
6. When Jesus said in John 10:10 *I came so that you may have life and have it to the full*, what is he offering us?
7. C.S. Lewis goes on to say. "What if there is a supreme being who brings continual delight so that those who know him can't stop praising him? And what if expressing this praise results in our ultimate satisfaction and wholeness? That person would be the most satisfied person alive." This is the invitation we have in Psalm 100 and the rest of the Bible. In commanding us to give thanks to him and praise him, God is inviting us to find our greatest satisfaction and delight in him alone. Do you enjoy God? How satisfied are you in him? How can you learn to enjoy him more?