

Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.

Psalm 100:4 (NIV)

Into Your Presence

I think that I have been barging into your presence filled up with all my own worries, concerns and requests. I'm not sure that I have even allowed myself to catch my breath before blurting out a request for something I've wanted or needed. **Does that seem like the right way to come to me in prayer?** No, it really doesn't. **What problems do you see with that approach?** There are several problems with that approach. **Let me hear what you have on your mind and in your heart.**

Prayer is a two-way conversation. When I don't take time to slow down to draw near to you it is really hard for me to hear what you want to say to me. **Why is that?** It takes time for the busyness and noise level of my life to quiet down so that I am able to receive anything from you. Quickly barging into your presence is such a hindrance to me that often I'm not even aware that you have drawn close to me.

Why do you think it is a good idea to start your prayers off with thanksgiving and praise? First of all, you are worthy of all my thanks and praise. Acknowledging what you have done and are doing for me before asking for anything else just seems like good manners to me. I want to let you know how thankful I am for all that you have done for me. Most of all I know that you take great delight in hearing me express my gratitude to you. **Yes, I do. How do you know that?** I can feel your pleasure even as I am giving thanks and praise to you. As I'm giving thanks and praise to you, it feels like you are setting my heart and putting my mind in the right place. **Yes, I am.**

As I have given thanks and praise to you my perspective has been altered and my prayers have changed. **How so?** My heart and mind are more settled and less urgent. I am more focused on you and more knowing that you are in control. I feel more joy as I release my worries, concerns and requests to you. I trust you more and myself less. Giving thanks and praise to you has helped me to more clearly see your activity and work in and through my life.

Thanksgiving and praise has helped me take my eyes off of myself and look to you. **Once your eyes are off of yourself and focused on me what are you really ready to do?** Then I am really ready to listen to all that you want to say to me. **That's what you really want isn't it? You want to know me and hear what I have to say to you, don't you?** Yes Lord, it is the desire of my heart to know you and to hear your voice speaking to me.

Lord, my attention has been focused on my life and all my circumstances. I have raced into prayer to tell you all about them to ask for your help. Now, I want to bow down to worship you. You are worthy of all my thanks and praise. Amen

Gratitude *Enter His Gates*

Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.

NIV Psalm 100:4

Gratitude *Enter His Gates*

Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name!

ESV Psalm 100:4

Gratitude *Enter His Gates*

Enter his gates with thanksgiving; go into his courts with praise. Give thanks to him and praise his name.

NLT Psalm 100:4

Gratitude *Enter Into His Gates*

Enter into His gates with thanksgiving, And into His courts with praise. Be thankful to Him, and bless His name.

NKJV Psalm 100:4

Gratitude *Enter His Gates*

Enter his gates with thanksgiving, and his courts with praise. Give thanks to him, bless his name.

NRSV Psalm 100:4

Gratitude *Enter*

Enter with the password: "Thank you!" Make yourselves at home, talking praise. Thank him. Worship him.

MSG Psalm 100:4

Gratitude *Enter Into His Gates*

Enter into His gates with thanksgiving and a thank offering and into His courts with praise! Be thankful and say so to Him, bless and affectionately praise His name!

AMP Psalm 100:4

Gratitude *Enter Through His Open Gates*

Go through his open gates with great thanksgiving; enter his courts with praise. Give thanks to him and bless his name.

TLB Psalm 100:4

Gratitude *Enter His Gates*

Enter His gates with thanksgiving And His courts with praise. Give thanks to Him, bless His name.

NASB Psalm 100:4

Gratitude *Come Into His City*

Come into his city with songs of thanksgiving and into his courtyards with songs of praise. Thank him and praise his name.

NCV Psalm 100:4

Enter His Gates

Year _____ Week _____ Day _____ Date _____

Gratitude – Psalm 100:4

In Context: *Read Psalm 100*

Begin With Prayer:

Here I am Lord. I Am Listening.

Meditating On God’s Word: ***(What is God speaking to your heart?)***

Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. Psalm 100:4

Considering The Words: ***(What words speak to your heart?)***

Enter his gates | with thanksgiving | and | his courts | with praise; | give thanks | to him | and | praise | his name. Psalm 100:4

Praying The Scripture:

(What prayer from your heart will you write?)

Lord, my attention has been focused on my life and all my circumstances. I have raced into prayer to tell you all about them to ask for your help. Now, I want to bow down to worship you. You are worthy of all my thanks and praise. Amen

What It Means:

(What questions speak to your heart?) *(Suggested questions for small group discussion are in bold)*

When have you barged into God’s presence and raced through your prayers?

How difficult is it for you to carry on a two-way conversation with God when you race through your prayers?

How has giving thanks and praise to God helped to set your heart and put your mind in the right place?

How has giving thanks and praise to God changed what you have said and been able to hear from God?

How has giving thanks and praise to God helped put the circumstances of your life in their proper perspective?

How have you more clearly seen God’s activity in your life when you have given thanks and praise to Him?

When have you felt God’s pleasure in your offering thanks and praise to Him?

Living It Out:

(What action step is God guiding your heart to take?)

Enter God’s presence with thanksgiving and praise so that you do not race through your prayer time with Him.

Seeing It Happen:

(What are you trusting God for in your heart?)

Have faith that your giving thanks and praise to God is pleasing to Him.

Get Ready To Share:

(What can you share with others from your heart?)

Share with another person or your small group how giving thanks and praise to God has helped you to hear from Him.

Close With Prayer:

Quiet Yourself Before The Lord

Pause And Offer Prayers Of...

With An Attitude Of Faith Listen To What The Lord Wants To Say To You

Adoration... _____

Thanksgiving... _____

Confession... _____

Intercession... _____

Petition... _____

Journal

As You Quiet Yourself Before The Lord

What Do You Want To Say To Me Lord?

What Prayers Are You Praying Today?

Prayer Of Blessing

(What Prayer Of Blessing Can You Pray For Another?)

May you bow down to the Lord and give all your thanks and praise to Him.

Prayer To Carry

(What Prayer Would You Like To Carry Throughout Your Day?)

Lord, help me to give thanks and praise to you as I live my life for you today.

What Do You Want To Remember About Today?
