Sunday Supplement

FACTSS for Life | Week 4 | Thanksgiving

What We Know Changes How We Pray • Psalm 100

What we KNOW about God leads us to THANK God. This week, let Psalm 100 shape the way you remember God's goodness and respond in prayer and daily life.

Summary Points

1. **Know who God is and whose we are.** God made us, and we belong to him. Like sheep with a shepherd, we depend on his guidance, protection, and provision. Thanksgiving realigns our identity. *Psalm 100:3*

2. **Remember the good God has done.** The Lord is good, his love endures forever, and his faithfulness continues through every generation. Thanksgiving acknowledges these truths even when life is hard; it does not deny our pain. *Psalm 100:4–5*

3. **Let gratitude become worship.** Giving thanks is a response to God's goodness. It shapes how we pray and how we live through generosity, mercy, and faithful service. *Psalm 100:1–2, 4*

Reflection Questions

1. Where am I living as though everything depends on me? How might remembering that I belong to Godchange my prayers?

2. What frustration has dominated my attention lately? What specific expressions of God's goodness can Ialso remember?

3. Which truth do I most need to hold onto today: God is good, his love endures, or his faithfulnesscontinues? Why?

4. How could my gratitude become a concrete act of generosity, mercy, or service this week?

Suggested Next Steps

Begin with thanksgiving. Each day this week, read Psalm 100. Before bringing your requests, name three things you know to be true about God. Then thank him for three specific expressions of his goodness.

Remember and respond. Write those gifts down so you can revisit them. Choose one act of generosity, mercy, or service as your response, and decide when you will do it.

My step this week _____

Prayer *Father, open my eyes to your goodness. Remind me that I am yours. Teach me to give thanks in every circumstance and to express my gratitude in how I live. Amen.*