

**OCTOBER - DECEMBER** 

# Week 8: The Ripple Effect How Gratitude Strengthens Relationships

Psalm 136 (CSB)

**Quarter 4: Live Simple** 

**WWW.SPBAPTIST.ORG** 



Give thanks to the Lord, for he is good.

His faithful love endures forever.

2 Give thanks to the God of gods.



Give thanks to the Lord of lords.

His faithful love endures forever.

4 He alone does great wonders.



He made the heavens skillfully.

His faithful love endures forever.

6 He spread the land on the waters.



He made the great lights:

His faithful love endures forever.

8 the sun to rule by day,



the moon and stars to rule by night.

His faithful love endures forever.

10 He struck the firstborn of the Egyptians



and brought Israel out from among them

His faithful love endures forever.

12 with a strong hand and outstretched arm.



He divided the Red Sea

His faithful love endures forever.

14 and led Israel through,



but hurled Pharaoh and his army into the Red Sea.

His faithful love endures forever.

16 He led his people in the wilderness.



He struck down great kings

His faithful love endures forever.

18 and slaughtered famous kings—



Sihon king of the Amorites

His faithful love endures forever.

20 and Og king of Bashan—



and gave their land as an inheritance,

His faithful love endures forever.

22 an inheritance to Israel his servant.



He remembered us in our humiliation

His faithful love endures forever.

24 and rescued us from our foes.



He gives food to every creature.

His faithful love endures forever.

26 Give thanks to the God of heaven!



# Psalm 136 is a tool of formation (training ground for the heart).



# CHESED

- Loyal love
- Covenant faithfulness
- Promise-keeping mercy



#### EXODUS 34:5-7 (CSB)

"The Lord descended in the cloud and stood with him there and proclaimed the Lord by name. The Lord passed by before him and proclaimed:



#### EXODUS 34:5-7 (CSB)

"The Lord, the Lord, the compassionate and gracious God, slow to anger, and abounding in loyal love and faithfulness, keeping loyal love for thousands, forgiving iniquity and transgression and sin.



#### EXODUS 34:5-7 (CSB)

But he by no means leaves the guilty unpunished, responding to the transgression of fathers by dealing with children and children's children, to the third and fourth generation."



#### CREATION (VV. 4–9)

God didn't owe us life. He gave it.



#### EXODUS (VV. 10–15)

God didn't leave them in chains. He freed them.



# WILDERNESS (VV. 16–22)

God didn't abandon them. He led them.



## DAILY BREAD (VV. 23–25)

God didn't forget them. He fed them.



Jesus didn't just repair our relationship with God. He shows us how to repair relationships with each other.



**OCTOBER - DECEMBER** 

# Week 8: The Ripple Effect How Gratitude Strengthens Relationships

Psalm 136 (CSB)

**Quarter 4: Live Simple** 

**WWW.SPBAPTIST.ORG**