God Family Country

GUIDED BIBLE STUDY

Keep It Psalm 100

Speaker: Tony Orihuela

Scripture quotations: World English Bible (WEB), public domain.

Highlighted Scripture

- **Psalm 100:1-5 (WEB)**

  "For Yahweh is good. His loving kindness endures forever, his faithfulness to all generations."

  This psalm calls all the earth to joyful worship. We come with thanksgiving because the Lord made us, cares for his people, and remains faithful. Verse 5 grounds praise in God's character. Tony's invitation to 'keep it Psalm 100' turns our attention toward the One to whom we belong, even while difficulties remain.

- **Philippians 4:6 (WEB)**

  "In nothing be anxious, but in everything, by prayer and petition with thanksgiving, let your requests be made known to God."

  Paul invites believers to bring every concern to God with gratitude. Tony follows that pattern by praying about health, finances, and family. Honest prayer can name fear and pain; thanksgiving does not require pretending that everything is easy.

- **Philippians 4:19 (WEB)**

  "My God will supply every need of yours according to his riches in glory in Christ Jesus."

  Paul gives this assurance while thanking the Philippians for their generosity and describing contentment in both plenty and need. We can trust God's provision without treating the verse as a guarantee of wealth, immediate healing, or every desired outcome.

- **Isaiah 30:21 (WEB)**

  "This is the way. Walk in it."

  These words appear in God's promise to guide his people after their misplaced trust and rebellion. Tony echoes the call to follow God's direction. Our response is to return to God and obey his teaching, rather than assume every personal impression is his voice.

- **Proverbs 3:5-6 (WEB)**

  "Trust in Yahweh with all your heart, and don't lean on your own understanding. In all your ways acknowledge him, and he will make your paths straight."

  This wisdom calls us to depend on God in every part of life. Tony closes with that invitation. Trust involves humble obedience and willingness to receive correction, even when we cannot see how the situation will unfold.

Discussion Questions

- Psalm 100 connects thanksgiving to God's goodness and faithfulness. How can that shape your prayers before a difficult situation changes?
- How might belonging to the Lord change the way you face a worry you usually carry alone?
- How can you ask God confidently for something specific while trusting him with the timing and outcome?
- How can you encourage someone who is still struggling without making them feel that their pain or weakness proves a lack of faith?
- Where are you leaning mainly on your own understanding? What would acknowledging God in that decision look like this week?

Reflection Challenge

For the next three days, practice a simple Psalm 100 rhythm: remember who God is, thank him, bring one honest request, and take one faithful step. Notice how worship shapes your response, even if your circumstances have not changed.

Ask yourself:

- Which truth about God can I thank him for without waiting for a particular result?
- What disappointment do I need to bring honestly to God?
- Where can I receive help instead of trying to appear strong on my own?

Try this:

- Read Psalm 100 aloud each morning. Choose one phrase to carry into the day.
- Write one concern and three specific reasons for gratitude. Pray through both lists.
- Take one practical step: ask a trusted believer for counsel and prayer, attend to a responsibility, or help someone in need.

Remember

- God's goodness and faithfulness give us reasons to worship in every season.
- We belong to the Lord; we do not have to face hardship alone.
- Prayer welcomes honest requests and thanksgiving together.
- We may ask boldly while entrusting the outcome and timing to God.
- Trust grows through faithful steps, humble obedience, and receiving help.

Prayer

Father God,

Thank you for making us and caring for your people. Teach us to worship with gladness when life is uncertain. We bring you our needs, families, and fears. Please provide, heal, and guide according to your wisdom. Help us trust your timing and take the next faithful step. Give us gentle words for hurting people and grateful hearts that keep turning toward you.

In Jesus' name, Amen.