



The Chapel
May 18, 2025
Dave Gustavsen

Week 4: Worship
Psalm 100, Isaiah 6:1-5



OPENER (5 mins)

Think of a time when you were overwhelmed with gratitude, maybe for a person, an experience, or a gift. How did gratitude change how you felt or thought in the moment? How do you think starting our prayers with worship and gratitude could shape our hearts?



JOURNAL SHARING (15 mins)

Psalm 100
Isaiah 6:1-6
Matthew 6:9
James 1:17



EXTENDED PRAYER (20-30 mins) Prayers of Adoration & Thanksgiving

Use Psalm 100 and/or Isaiah 6:1-5 to pray with words of worship and thanksgiving.



DISCUSS (15 mins)

1. Read Psalm 100

- What words or phrases stand out? How do they reflect a God-first vision of life?
- What does "me-first" prayer sound like in your life? How is it different when your prayers become more "God-first?"
- What's one practical change you can make this week to focus more on God in your prayers or daily routine?

2. Pride and entitlement were called "gratitude killers." Which one do you struggle with more, and how does it affect your thoughts or prayers? How might viewing life through the lens of grace (eucharista) shift the way you pray and live?



PRAYER → ACTION (5 min)

After praying, what is **one step of obedience** that God is calling you to take this week? It could be a change in your attitude, a specific action, or a way to love and serve others. Record this in your journal, asking God for the grace & power to follow through. Share with your group members also, to help keep you accountable.