WELCOME BACK to Adult Bible Class!  We last had a live adult Bible class on March 15, 2020.  Then, we were studying the history of American Christianity.  Sadly, we were not able to complete that class.  Maybe one day we will.  Until we are back to “full strength” and our regularly scheduled services, we will be holding a live adult Bible class from 9:45 – 10:20, or approximately from the end of the first service (which begins at 9) until the start of the second service (which begins at 10:30).  The lessons will be a bit briefer than a normal adult Bible class.  Each week we will be studying a different lesson.  The lesson will be available on the Lakeshore website each week.

Thanks for your interest and participation.

Lesson for April 4, 2021

Since this is our first live lesson in 13 months, and so much has occurred since March, 2020, a lesson thanks to God only seems appropriate.  We’ll look at Psalms 9, a so-called “acrostic Psalm” where David uses this literary device to express his thanks to God.  David wrote the Psalm to the choirmaster, indicating that it was a hymn to be sung as well as a psalm to be read. (see v. 2 and 11- “I will sing praises to your name”).    Historically, David may be giving the psalm as a thanksgiving for the expulsion of the Philistines from Palestine (II Sam. 5:17-25).  He may also be addressing the disorder in the kingdom which plagued him at the beginning of his reign  as king of Judah (II Samuel 2 and 3).

In Psalms 9 David enumerates all God had done to help him and his nation.  David essentially creates a list for people then and for us not to consider.  One of the advantages of writing this list, and using the acrostic as a device, is to make remembering it easier.

Lists can be a useful tool.  Paulo Rizzo wrote a boon in 2015 entitled [*Listful Thinking: Using Lists to be More Productive, Highly Successful and Less Stressed*](http://www.amazon.com/Listful-Thinking-Productive-Successful-Stressed/dp/1632280035)*.*She discussed it in an article in Forbes magazine.  <https://www.forbes.com/sites/emmajohnson/2015/12/17/the-life-changing-magic-of-list-making/?sh=42512f9676b9>.  Here is an excerpt of a few of the questions she answered in the article.

**Q: How can something as simple as a list be so powerful in our lives and reaching our goals?**

A: It’s true -- writing something down really solidifies the goal and makes it more attainable. A study at Dominican University of California found once you put pen to paper on a goal -- you are 33 percent more likely to actually achieve it. Not only do you become more motivated but you are reminded of your goal and become more accountable, too.

**Q: What kind of lists should we be making other than the old standbys like to-do lists and grocery store lists?**

A: A to-do list will make you more efficient in getting stuff done for the day. But a goal- or life-list will set your real dreams in motion. Sketching out where you’d like your life to go on paper is a smart exercise because it really makes you think about where you are currently and where you’d like to go.

**Q: What are the essential lists everyone should make?**

Everyone needs a to-do list at least.  Goal lists and gratitude lists are also important (emphasis added).

In her book, the Power of List Making, Veronica Joce discussed how to write a gratitude list.  She state that “there is need to write a complete sentence, just write down everything that warms your heart and fills you with appreciation and joy.”

Rizzo and Joce have good ideas, but they are not original.  Or maybe better yet they have read Psalms 9 where David perfects the art of list making, and specifically a list of gratitude.  The list David made in Psalms 9 was to identify his thanks to God.  David said, “I will recount all of your wonderful deeds.” (Psalms 9:1-14).  And then David proceeds to do so.

As you read Psalms 9 below look specifically at what David thanked God for. (my comments are in italics).   Ask whether God has done the same for you.

I will give thanks to the Lord with my whole heart;  
    **I will recount all of your wonderful deeds.**  
**2**I will be glad and exult in you;  
    I will sing praise to your name, O Most High.

**3**When my enemies turn back, **(God defeats enemies)**  
    they stumble and perish before[[c](https://www.biblegateway.com/passage/?search=Psalms+9&version=ESV#fen-ESV-14025c)] your presence.  
**4**For you have maintained my just cause **(God stood up for David)**;  
    you have sat on the throne, giving righteous judgment.

**5**You have rebuked the nations; you have made the wicked perish; **(God destroyed enemies)**  
    you have blotted out their name forever and ever.  
**6**The enemy came to an end in everlasting ruins;  
    their cities you rooted out;  
    the very memory of them has perished.

**7**But the Lord sits enthroned forever; **(God is a fair judge)**  
    he has established his throne for justice,  
**8**and he judges the world with righteousness;  
    he judges the peoples with uprightness.

**9**The Lord is a stronghold for the oppressed, **(God takes care of the poor)**  
    a stronghold in times of trouble.  
**10**And those who know your name put their trust in you,  
    for you, O Lord, have not forsaken those who seek you.

**11**Sing praises to the Lord, who sits enthroned in Zion!  
    Tell among the peoples his deeds!  
**12**For he who avenges blood is mindful of them;  
    he does not forget the cry of the afflicted.

**13**Be gracious to me, O Lord!  
    See my affliction from those who hate me,  
    O you who lift me up from the gates of death,  
**14**that I may recount all your praises,  
    that in the gates of the daughter of Zion  
    I may rejoice in your salvation.

For our discussion and lesson, make a simple list of the things that God has done for which you are thankful.  It can be anything, but maybe thinking about things over the last 13 months will be particularly useful .  To make it doable just list three items (another tip from Rizzo – keep your list short so as to force hard choices about what is important).

Your list:

1.         \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2.         \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3.         \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_