

## There's a Psalm for This

"Thank you" is an interesting thing. We say it a lot, but how much do we really think about it? I remember back in seminary when we were studying the Psalms, and my professor said, "When the Psalms say thank you, they don't just say it; they make incredibly clear just what exactly God is being thanked for." Psalm 105 is a great example of this, retelling the story of the Exodus, starting the promise of the land of Canaan to Abraham and ending with God's people settling in the land generations later. (Yes, I'm cutting a lot of this Psalm out, but please read it yourself! It's really good!)

### Psalm 105:1-6,16-27,39-45 (CEB)

Give thanks to the Lord; call upon his name; make his deeds known to all people!  
Sing to God; sing praises to the Lord; dwell on all his wondrous works!  
Give praise to God's holy name! Let the hearts rejoice of all those seeking the Lord!  
Pursue the Lord and his strength; seek his face always!  
Remember the wondrous works he has done,  
    all his marvelous works, and the justice he declared—  
    you who are the offspring of Abraham, his servant,  
    and the children of Jacob, his chosen ones.

When God called for a famine in the land, destroying every source of food,  
    he sent a man ahead of them, who was sold as a slave: it was Joseph.  
Joseph's feet hurt in his shackles; his neck was in an iron collar,  
    until what he predicted actually happened, until what the Lord had said proved him true.  
The king sent for Joseph and set him free; the ruler of many people released him.  
The king made Joseph master of his house and ruler over everything he owned,  
    to make sure his princes acted according to his will, and to teach wisdom to his advisors.  
That's how Israel came to Egypt, how Jacob became an immigrant in the land of Ham.

God made his people very fruitful, more powerful than their enemies,  
    whose hearts God changed so they hated his people and dealt shrewdly with his servants.  
God sent Moses his servant and the one he chose, Aaron.  
They put God's signs on Egypt, his marvelous works on the land of Ham.

God spread out clouds as a covering; gave lightning to provide light at night.  
The people asked, and God brought quail; God filled them full with food from heaven.  
God opened the rock and out gushed water—flowing like a river through the desert!  
Because God remembered his holy promise to Abraham his servant,  
    God brought his people out with rejoicing, his chosen ones with songs of joy.  
God gave them the lands of other nations; they inherited the wealth of many peoples—  
    all so that they would keep his laws and observe his instructions.

Praise the Lord!

Psalm 105 doesn't just say "Thank you" to God, it recounts in great detail what God has done. What has God done in your life? Tell God thanks today, not just in that simple way, but by sharing what God has done for you.

Pastor Mike Galica

## Holy Cross Announcements

We're in the **Season after Pentecost**, a time in the church year of studying the Scriptures in order to learn to follow Jesus more closely. Our paraments are green to symbolize growing more Christ-like each day.

The **Bear River Health Department** is administering COVID-19 vaccinations to all those over 12! For more information and to check availability, visit <https://brhd.org/covid-19-vaccine-information/>

If you're a Thrivent member, you may have **Thrivent Choice Dollars** to distribute! Visit [thrivent.com/thriventchoice](http://thrivent.com/thriventchoice) or call 800-847-4836 to find out if you are eligible.

If you want to give an offering to the church but are either unable to or don't feel comfortable with attending in person, you can mail it to PO Box 732, Brigham City UT, 84302. The post office box gets checked regularly and your giving will be secure.

**Sunday School** for children and adults is recessed.

**Holy Cross Quilters** will continue refraining from meeting.

### **This Week's Readings:**

13<sup>th</sup> Sunday after Pentecost – *Revelation: Seals and Promises* – Revelation 6:1-8,7:9-17; John 14:1-7

### **Next Week's Readings:**

14<sup>th</sup> Sunday after Pentecost – *Revelation: The Beasts* – Revelation 13:1-18; John 12:23-36



# Prayer List

*"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God." — Phil 4:6*

## **Keep the following in your prayers**

**Holly**, Bob Kosbab's cousin's daughter, hospitalized with COVID-19.

**Bob Quick**, for healing

**Ann**, Jeff Hoedt's daughter, **and her baby due in October**. Ann has gestational diabetes.

**Matt Long**, Andrea's brother, for healing and a successful surgery.

**Matt**, Deborah Kay's cousin, for healing.

**Tyson**, Michelle's dad's friend's son, for mental health.

**Our vulnerable populations**, especially those with underlying health conditions, the homeless, and those lacking access to proper medical care in this time.

**Trudee Klein**, friend of Deborah Kay, for healing from cancer.

**Tom & Jeanette Croft**, friend of Kosbabs, for healing.

**Abby Rasmussen and family**, friends of Kosbabs, as she struggles with cystic fibrosis.

**John Buist**, our custodian, for continued health problems.

**Lynne**, Robert Quick's wife, with health issues.

**Aleasa**, Robert Quick's daughter, with health issues.

**Gloria Perry**, for healing from health problems.

**Box Elder County Jail Ministry**, that the inmates may respond to the Gospel.

## **Give thanks to God**

**Claudia Long**, Andrea's mom, is doing much better but still needs prayer for strength and health.

## **Keep those in prayer who are in harm's way**

**Medical professionals** and all who are continuing to work during this pandemic.

**Braxton Jeppsen**, serving in the US Navy.

*Let Pastor Mike know if there are any petitions you wish to add to our Prayer List. If you added someone to the prayer list, please update us on how they are doing! We love to celebrate praises as well as petitions. Out of concern for people's privacy, we no longer speak people's names in the worship service, but we continue to pray for all their needs and concerns.*