

Give thanks to the LORD, for he is good;
his love endures forever.

Let the redeemed of the LORD tell their story . . .

Psalm 107:1-2a

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“give thanks” (yada) - to shoot (a bow)

- ▶ to express praise, give thanks, extol
- ▶ to praise is to speak of the excellence of someone or something
- ▶ to give thanks has a focus of gratitude on the part of the speaker

gratitude: the quality of being thankful; readiness to show appreciation for and to return kindness

“and overflowing with thankfulness.”

Colossians 2.7

Practicing gratitude is both the *least* we can do “to repay the Lord for his goodness to us” and the best we can do. Therefore, we should cultivate gratitude with the aim of overflowing with thankfulness.

“for He is good”

God is essentially, perpetually, superlatively, infinitely good—
and we are the perpetual recipients of His goodness.

For since the creation of the world God's invisible qualities — his eternal power and divine nature — have been clearly seen, being understood from what has been made, so that people are without excuse.

Romans 1.20

The heavens declare the glory of God;
the skies proclaim the work of his hands.
Day after day they pour forth speech;
night after night they reveal knowledge.
They have no speech, they use no words;
no sound is heard from them.
Yet their voice goes out into all the earth,
their words to the ends of the world.

Psalm 19.1-4

For although they knew God, they neither glorified him as God nor gave thanks to him, but their thinking became futile and their foolish hearts were darkened. Although they claimed to be wise, they became fools and exchanged the glory of the immortal God for images made to look like a mortal human being . . .

Romans 1.21-23

How many are your works, O LORD!
In wisdom you made them all;
the earth is full of your creatures.

Psalm 104.24

Great are the works of the LORD;
they are pondered by all who delight in them.

Psalm 111.2

All people will fear;
they will proclaim the works of God
and ponder what he has done.

Psalm 64.9

Since they show no regard for the works of the LORD
and what his hands have done,
he will tear them down
and never build them up again.

Psalm 28.5

When we fail to give thanks to God, our understanding of God is diminished, our thought processes are impaired—we think we are smart and progressive when in reality we have become spiritual imbeciles—and we replace the exclusiveness of God with other superseding values and priorities.

“Thanks-tellers”

Let them give thanks to the LORD for his unfailing love
and his wonderful deeds for mankind.

Let them sacrifice thank offerings
and tell of his works with songs of joy.

Psalm 107.21-22

The practice and expression of gratitude uniquely and distinctly authenticates that I am truly a thankful person, that I am deeply aware of the good nature of God, and that God is first and foremost in my life.

Practicing Thanks-telling

- ▶ “Blessed are you, O Lord . . .”
- ▶ “It would have been enough, but . . .”
- ▶ Giving thanks as the last thing before you go to sleep and the first thing when you wake up
- ▶ Sit outside for 10 minutes and focus your attention on God’s nature expressed in creation
- ▶ Write one thank you note to someone each week
- ▶ Designate one meal each week as a family time of gratitude