

Theme: Our prayers should be filled with thankfulness and praise for all God has done, and this should build faith for what He will do in the present and future.

I. Intro - Research on the Benefits of Gratitude

- A. A lot of research on the benefits of gratitude
- B. Studies show gratitude has emotional, social, mental, physical, and even career benefits
- C. An entire industry has grown up around gratitude and 'mindfulness' - being present in the moment and grateful
- D. Science is catching up to the Bible which called for a life of gratitude millennia ago!
- E. Today - Prayers of Thankful Praise

II. Prayers of Thanksgiving and Praise

- A. Psalm 138 is a Psalm of thanksgiving and praise

I will [praise](#) you, O Lord, with all my heart; before the "gods" I will sing your [praise](#).² I will bow down toward your holy temple and will [praise](#) your name for your love and your faithfulness, for you have exalted above all things your name and your word...⁴ May all the kings of the earth [praise](#) you, O Lord, when they hear the words of your mouth. Psalm 138:1-2, 4

- 1. Hebrew [יָדָה](#) - To praise or give thanks; acknowledge
 - a. English translations use either "praise" or "thanks"
 - b. No real difference in meaning here - the idea is to acknowledge God's greatness and what He has done
- 2. Hebrew [זָמַר](#) - Psalm; song of praise or thanksgiving (the noun form is used for a [psalm](#) of David)

- B. The book of Psalms is The Songs of Thanks & Praise

- 1. The book of Psalms contains many songs of thanks and praise to God
- 2. The title of the book is Tehillim - songs of praise
- 3. Many psalms have the ascription "mizmor" - a song of praise (as in v1)
- 4. Even almost all of the laments end with praise and thanksgiving
- 5. The whole book moves from lament to praise

- C. The Christian life should be full of thanksgiving & praise

- 1. The psalms are our prayer and worship book - and they call us to prayers of thanksgiving and praise!
- 2. We are commanded to be people of gratitude
Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing [psalms](#), hymns and spiritual songs with [gratitude in your hearts to God](#).¹⁷ And [whatever you do](#), whether in word or deed, do it all in the name of the Lord Jesus, [giving thanks](#) to God the Father through him. Colossians 3:16-17
 - a. Note the specific inclusion of "psalms"
 - b. We worship (and pray!) with gratitude in our hearts
 - c. Whatever you do - all of life, words and deeds
 - d. The Christian life is to be filled and formed by gratitude to God

III. Causes For Gratitude to God

A. God's love and faithfulness

I will bow down toward your holy temple and will praise your name **for your love and your faithfulness**, for you have exalted above all things your name and your word... The Lord will fulfill [his purpose] for me; **your love, O Lord, endures forever** — do not abandon the works of your hands. Psalm 138:2,8

1. Note that love brackets all the reasons for gratitude
2. The word for love is hesed - God's covenant, faithful love towards His covenant people
3. God's love and faithfulness are central to God's actions toward His people
And he passed in front of Moses, proclaiming, "The Lord, the Lord, the compassionate and gracious God, slow to anger, **abounding in love and faithfulness**, Exodus 34:6
 - a. Spoken after Israel's sin with the golden calf
 - b. God abounds with love and faithfulness to us!
4. The Gospel is the testimony of the love and faithfulness of our God toward us, and we need nothing else to prompt us to unending gratitude!

B. Answered prayer

When I called, you answered me; you made me bold and stouthearted. Psalm 138:3

1. David gives thanks that God answered his prayer
2. This is another example of God's love & faithfulness
3. This causes David to be bold and 'strong in soul'

4. Always thank God for answered prayers!

C. The growth of God's kingdom

May all the kings of the earth praise you, O Lord, when they hear the words of your mouth. ⁵ May they sing of the ways of the Lord, for the glory of the Lord is great. Psalm 138:4–5

1. David wants other kings to hear God's Word and turn to Yahweh and join David in songs of praise
2. In David's day, this was a future hope - in our day it is a present reality! The Gospel is spreading farther and faster than at any point in history!
3. If we truly understand the greatness of God, the glorious truth of the Gospel, and the awesome reality of eternity, the spread of God's kingdom should usher in continual thanksgiving and praise!

D. God's care for the lowly and resistance to the proud

Though the Lord is on high, he looks upon the lowly, but the proud he knows from afar. Psalm 138:6

1. God is not only concerned with kings - He cares for the lowly!
2. In fact, God resists the proud but gives grace to the humble (Proverbs 3:34; James 4:6; 1 Peter 5:5)
3. We may think that we are of no account and in the eyes of the world that may be true. But we never escape the notice of our Great King!
4. His eye is on the sparrow - and it is always on you and me! This should give us hearts and mouths full of gratitude, thanksgiving, and praise!

- E. God preserves us in trouble - He will not abandon us
Though I walk in the midst of trouble, you preserve my life; you stretch out your hand against the anger of my foes, with your right hand you save me. Psalm 138:7
1. All of this does not mean we have no troubles!
 2. But we never walk alone - He is always with us, even in the valley of the shadow of death!
 3. Even when we are surrounded by foes, God is Sovereign over our lives. This is true of both human foes and our greatest foes - Satan and death!
 4. Just as God delivered David and Joseph time and again, so He will deliver us - this is cause for praise!

- F. God's future faithfulness (future grace)
The Lord will fulfill [his purpose] for me; your love, O Lord, endures forever — do not abandon the works of your hands. Psalm 138:8
1. God's past faithfulness prompts not only thanksgiving but also faith for the future!
 2. David knows that God will fulfill His purposes and promises - He will not abandon David (the work of His hands).
 3. The same God Who has been faithful in the past will be faithful in the future. And in the end we know that we will be delivered from the greatest enemies, death and Satan, and will live forever in God's kingdom of life, blessing, and joy!
 4. This should form us to be people of thanks & praise

G. Recap of all points (Keynote Screen)

IV. Applying the Word - A Life of Gratitude

- A. Am I walking in thankfulness and praise daily?
1. The whole Christian life should be one of gratitude
 2. But our culture is full of "gods" that destroy gratitude
 - a. Consumerism & advertising - greed & dissatisfaction
 - b. Photoshopped and curated lives - envy over people and lives that are not real
 - c. News & social media - doom scrolling disaster & conflict
 - d. Busy-ness and hurry - no time to enjoy and reflect
 3. Building a life of joyous gratitude
 - a. Take time each day to consider God's blessings and give Him thanks
 1. God's love and faithfulness to me - the Gospel!
 2. Answered prayers in my life
 3. The growth of God's kingdom around the world
 4. God's notice and care for me!
 5. God's preserving Presence in my troubles
 6. My certain hope for the future
 - b. Practice Sabbath each week to rest, worship, and give thanks and praise to God
 1. We are bombarded by the "gods" every day
 2. God has given us Sabbath to turn all that off and to rest, reflect, enjoy, and gather with God's people
 3. Here we remind ourselves of the truth and Jesus' Sovereignty over the "gods"

- 4. Make real Sabbath a priority!
- c. Look for ways to pass God's blessings to others
 - 1. We are blessed - to be a blessing!
 - 2. Being a channel of blessing to others increases gratitude and joy in my own life!
 - 3. God is an ever-flowing fount of blessing and contentment, joy, and gratitude are only found when we too bless others

B. Our Thanksgiving Table

- 1. This Table is the Eucharist - the Thanksgiving
 - a. We reflect on what God has done for us in Christ
 - b. We give thanks to God for salvation & blessings
- 2. Come and give thanks!

Prayers of Thankful Praise

Psalm 138
 August 21, 2022
 Communion
 Genesis 12:2-3

Teaching keywords: Gratitude and thanksgiving; praise; prayer; worship

I will make you into a great nation and I will bless you; I will make your name great, and you will be a blessing. ³ I will bless those who bless you, and whoever curses you I will curse; and all peoples on earth will be blessed through you. Genesis 12:2-3

I will praise you, O Lord, with all my heart; before the “gods” I will sing your praise. ² I will bow down toward your holy temple and will praise your name for your love and your faithfulness, for you have exalted above all things your name and your word. ³ When I called, you answered me; you made me bold and stouthearted. ⁴ May all the kings of the earth praise you, O Lord, when they hear the words of your mouth. ⁵ May they sing of the ways of the Lord, for the glory of the Lord is great. ⁶ Though the Lord is on high, he looks upon the lowly, but the proud he knows from afar. ⁷ Though I walk in the midst of trouble, you preserve my life; you stretch out your hand against the anger of my foes, with your right hand you save me. ⁸The Lord will fulfill [his purpose] for me; your love, O Lord, endures forever — do not abandon the works of your hands. Psalm 138