

A God-Centered Thanksgiving

Psalm 145

Gratitude is at the very heart of the Christian faith. It should be connected to everything that occurs in our lives, no matter how pleasant or difficult they may be because that is a mark of the infilling work of the Holy Spirit (Eph. 5:18-20; Phil. 4:4).

In Psalm 145, David's praise is directed to God because of who and what He is. Psalm 145 teaches us that **since God alone is worthy of our praise and gratitude, we must always thank Him for who He is and for what He does to us and for us.**

1. We should thank God every day because of His _____

David is intent in his praise & gratitude to God. The fact that David also uses the personal possessive pronoun, *my*, in verse 1 tells us that we cannot praise God unless He is *our* personal God (i.e. Psalm 23 – The LORD is *my* Shepherd). David's thanksgiving is neither occasional, nor situational. He praises God every day and in every circumstance (1 Thess. 5:18).

David boasts in God's unsearchable greatness (Isa. 55:8,9; Eph. 3:8; Rom. 11:33). He also thanks and praises God for His great works (Psalm 8:3-4). This attitude of gratitude should be passed on to our children (Psa. 145:4).

2. We should thank God every day because of His _____

God is our sovereign, all-knowing, all-powerful and loving ruler who works everything, not only for His glory but also for our ultimate good. God is gracious (kind, patient and gentle) toward His children. He knows our frailty. He knows our weaknesses (Psalm 103:14). God remains to be good even in all of our circumstances. As our heavenly Father, He has grace for the guilty; He has compassion for the miserable; and He has longsuffering to the stubborn.

God's goodness is shown in how he rules over us. The Psalms repeatedly proclaim that God is the rightful Sovereign over the universe (Psalm 103:19; 115:3; 2:1-4; 110:1). When our heart and our home are in submitted to the Lordship of Jesus our King, our heart will flow with true and acceptable thanksgiving. The believer's message is that God reigns (Psalm 96:10). He reigns as our faithful God and His promises are true (2 Cor. 1:20).

God's goodness is also shown in how he provides for us. God sustains all who are falling and He raises up all who are bowed down (Matt. 11:28). God's bounty extends to every living thing (Matt. 6:26; 10:29-31). He provides abundantly for His children (Psalm 23:5).

3. We should thank God every day because of His _____

God's righteous standards are kind and gracious. We need to be constantly reminded that we live simply by the grace of God (we are saved, sustained and preserved by faith). Recognition of God's grace causes us to be grateful, like Job (Job 1:1-20). God promised to be near to those who call upon Him in truth (James 4:8; Isaiah 55:6).

How should we show this gratitude? We thank Him by proclaiming His glory forever. "*My mouth will speak the praise of the Lord, and all flesh will bless His holy name forever and ever.*"