

Psalm 105:1-2 – How to Properly Give thanks – 4 Ways

TSK, GreekLexicon, Geneva, JFB, Delitzsch, Poole, Barnes, Alexander, Clarke, Gill, Trapp, Henry, Spurgeon, Eclectic, Handfuls,

Brothers and sisters in Jesus Christ: Teaching your children to say “Thank you,” is wonderful. But teaching them how to show thankfulness is much more important. **The same thing is true when you say “Thank you,” to your heavenly Father for your salvation (救恩) and your substance (物质供应)**. It is relatively easy to say: “Thank you Lord for all you have done in my heart and for all you have given to me in my home.” But how to show thankful lives is another matter. Today you will hear of 4 ways to show you are thankful, though there are many more.

Our headings are:

Give thanks by Praying for more things

Give thanks by Promoting God’s providence (护理之工)

Give thanks by Praising God with song

Give thanks by Pondering (思考) God’s person

Our goals are: **That you will move from simply saying thanks to God for all his spiritual mercies and material blessings through Jesus to showing you are thankful to him in tangible (实际的, 确实的) ways.**

Give Thanks by Praying for more things

1 Oh, give thanks to the LORD! **Call upon His name...**

1. You show your thankfulness to God when you pray.

“Calling on the name of the Lord” is another way to say “praying.” This is rather difficult to fathom (领会, 理解), because when someone asks you for something, it seems like an imposition (过分的要求) – especially if you already gave him something. You **wouldn’t normally think he was thankful if he asked you for more!**

2. But look at further biblical proofs which show that prayer to God for more things is evidence of thankfulness to him!

Psalm 50: 14 **Offer to God thanksgiving,** And pay your vows to the Most High. 15 **Call upon Me in the day of trouble;** I will deliver you, and you shall glorify Me." 16 As for me, I will call upon God, And the LORD shall save me. 17 Evening and morning and at noon I will pray, and cry aloud, And He shall hear my voice. 18 **He has redeemed my soul in peace from the battle that was against me,** For there were many against me.

From Verse 18, you see the reason for giving thanks: He redeemed your soul from spiritual slavery. You then show your thankfulness **by paying your vows to him...and praying!** So the more you ask for things, the more you show your thankfulness. This is why our Catechism (教理问答) reminds us that praying is the chief way we show our thankfulness. (Q&A 116)

3. You might say that this does not compute; this doesn’t seem logical.

But it is logical! When you pray you ask God for many things **in order to do the many things he commands you to do. In doing what God commands, you show your thankfulness for his salvation and substance!**

Psalm 116: 12 What shall I render to the LORD **For all His benefits toward me?** 13 I will take up the cup of salvation, **And call upon the name of the LORD.** 14 I will pay my vows to the LORD Now in the presence of all His people. 15 Precious in the sight of the LORD Is the death of His saints. 16 O LORD, truly I am Your servant; I am Your servant, the son of Your maidservant; You have loosed my bonds. 17 I will offer to You the sacrifice (献祭) of thanksgiving, And **will call upon the name of the LORD.**

4. Lessons:

a. Show you are thankful for your salvation and substance by praying – pray that God will give you all you need to do the things God has called you to do.

b. Learn to pray wisely – asking for things you really want and need. This further means that your prayers must not be selfish!

c. You will only pray wisely if you know the Word and will of God. (So don't pray for democracy – where people make themselves God. Pray that God's Word will be established and honored.)

Give Thanks by Promoting God's providence

... **Make known His deeds (作为) among the peoples!**

1. You show your thankfulness to God for his salvation and service by speaking of and promoting his providence among all nations – wherever God calls you live.

2. In order to speak of God's providence you have to know how God's providence works.

You have to learn of God counsel (旨意) , wisdom, power, and goodness; such as the works of creation and providence, and especially of grace, and salvation. You have to know how to answer the question: "How does a good God allow bad things to happen?" You have to be able to explain why a baby dies in infancy. You have to explain why Hitler was allowed to kill so many people. So it is much more than blindly saying that God controls all things.

3. Further, if you look at the rest of the Psalm you will see God's providence illustrated.

God took Israel from Egypt to Canaan. God destroyed the 7 nations of Canaan and all those along the way! He turned water into blood. He made frogs come up out of the Nile. He caused thick darkness to come over the land. He killed every firstborn of those who did not fear him. God caused huge flocks of quail (鹌鹑) to commit suicide so his people would eat! God turned bitter water into sweet. God made the sun stand still, twice. Doing this caused the nations to come to search out for this great God.

Psalms 18:49 Therefore I will give thanks to You, O LORD, among the Gentiles (外邦人) , And sing praises to Your name.

5. Lessons:

a. You have to know who God is and what he has done in order to speak of his providence. Those who know their Bible the least will be the least thankful.

b. The ultimate end of your thanksgiving is that others will worship the Lord. So is the world hearing of your great God and his mighty works?

c. You must teach God's work of providence so that your children will learn to praise God.

Yes, you must love the world, but you have to start at home.

Give Thanks by Praising God with Song

2 **Sing to Him**, sing psalms to Him...

1. You show your thankfulness to God by singing of him and to him.

This goes without saying.

2. God highlights what you must sing in thankfulness to him: The psalms.

This is not a word that applies strictly to the 150 Psalms. It is a word that simply means “praise.” So sing psalms, hymns, and spiritual songs. Sing the song of Moses. Sing the song of Hannah. Sing the song of Deborah. Sing the song of the Lamb. Sing praises to his name! Sing songs of substance.

3. In order to sing of God’s truth you have to love God’s truth about who he is and what he has done.

If you listen to some of the songs that the church sings today you will see that sometimes writers emphasize human emotions rather than the Word of Truth. But if you are going to praise someone, you’d better know what that person has done.

4. Lessons:

a. Don’t waste your time singing infantile (幼稚的) songs – especially songs that focus on man or on songs that have little doctrine (教义) and lots of emotion; focus on God’s greatness and goodness. Let your songs in worship be focused on the cross! This is what will have an impact on your life and on the observers of your life.

b. Let children hear the mighty deeds which God performed of old! And let them sing about it!

Give Thanks by pondering God’s person

2 ... **Talk of all His wondrous works!**

1. You show your thankfulness to God by thinking about him – his greatness and goodness.

2. This verb “to talk” must be understood in the sense of talking to oneself.

Look at how this verb is used and interpreted in other situations.

Psalms 104:34 May my **meditation** be sweet to Him; I will be glad in the LORD.

Psalms 119:23 - Princes also sit and speak against me, But Your **servant meditates** on Your statutes. 148 My eyes are awake through the night watches, **That I may meditate** on Your word.

Psalms 145:5 **I will meditate** on the glorious splendor of Your majesty, And on Your wondrous works.

So the challenge is to regularly reflect on God and his wondrous works.

3. In order to ponder God you have to know God’s person and plans, his greatness and his goodness.

You have to know his greatness – his omniscience (全知), his omnipresence (无所不在), and his omnipotence (全能). You have to know how wonderful he is – gracious, forgiving. You have to have a knowledge of his enemies and those deserving of his wrath; you must understand his justice (公义). You have to understand his love...how and why he redeemed you from your sins. This is true thankfulness.

4. Look at the warning God gave Israel after he rescued them from Egypt and gave them Canaan – a warning against forgetting all that he did for them.

Deuteronomy 6:10 "So it shall be, when the LORD your God brings you into the land of which He swore to your fathers, to Abraham, Isaac, and Jacob, to give you large and beautiful cities which you did not build, 11 "houses full of all good things, which you did not fill, hewn-out wells which you did not dig, vineyards and olive trees which you did not plant—when you have eaten and are full—12 **"then beware, lest you forget the LORD who brought you out of the land of Egypt, from the house of bondage.**

5. Lessons:

a. In the busy-ness of your life, but on this Thanksgiving Day, take some time to reflect on who God is and what he has done. God knows that you probably have people coming over, God knows that you have exams, God knows you have to prepare your house for winter...but don't ever forget to ponder God!

b. If you are not close to God and you never think about him, can you expect his constant blessings and protection?

c. When you reflect on God it shows you understand the greatness of your salvation!

Conclusion:

Give thanks by praying for more things. Give thanks by promoting God's providence. Give thanks by praising God with song. Give thanks by pondering God's person

Brothers and Sisters in Jesus Christ:

1. You are ungrateful if you don't pray for other things, if you don't promote God's providence, if you don't praise him with song, and if you don't ponder God's greatness.

2. How do you fix this? See the Garden of Eden, from where you came. Follow the road outside of Jerusalem to the rugged cross. See the blood, sweat, and tears flowing down Christ's face and side. Then look around you, look at your spouse and children, look in your home, look at your retirement savings, look at the peace you have around you, look at your photo albums and see where you have traveled, look at the beautiful leaves of fall, look at the meal you will have when you go home today... Then ask that

question again! Your answer will become apparent: God saved me and God supplies me with everything I need! And I am reminded of 4 ways to be thankful! PTL.

Finally, the ignorant (无知者) cannot give God thanks. Only the ones who know Christ intimately can truly give thanks. So if you want to thank God, you have to get to know Christ...know who he is- he is the infinite (无限的) God-man, and know what he has done-he died on the cross for the sins of the world. May you get to know him so you can become God's child...and then give God thanks like you are bound to do.