

# Thankfulness

ODCC 17/05/09 (Thankfulness.doc)

**Text:** Col 3:15

## Introduction

1. I said to Gaille (my wife) the other day that when I look back on my life, I have so much to be thankful for. God has been so good to me all my life.
  - a. The Word of God has much to say about thankfulness. So...

## What is included in thankfulness?

1. *A right appreciation of what God has done* - think of His dignity, and of our unworthiness.
2. *Appreciating the value of the blessing God bestows* - every gift of God should be appreciated.
3. *Genuine acknowledgement to God for His goodness to us* - the heart should move the tongue.
4. *Affectionate obedience to God* – “*How can I repay the Lord for all His goodness to me? I will lift up the cup of salvation and call on the name of the Lord*” (Ps 116:12)

and...

## On what grounds should we be thankful?

1. *On the grounds of our relationship to God* - we are His **creatures** - His **dependents** - His **children**
2. *The mercies he confers on us* - Temporal & Spiritual - life, safekeeping, privileges, salvation, etc.

## What should we be aware of so that we should be stirred to thankfulness?

1. *All creatures have some way of expressing their delight*. The psalms indicate that they offer praise to God in some way - even the trees clap their hands. And Jesus said that the stones would cry out praise if the people withheld it.
2. *The pleasure of it* - I was talking to someone this weekend who was saying how hard life can be (and especially the older one gets). There are many things in life which are hard but if our joy is centred on Christ, then we will learn to give praise and thanks even in difficult times.
3. *It is profitable* - it is health for the soul because it is a spiritual exercise. It gives strength. It pleases God.
4. *It is enduring* - for all eternity we will be giving thanks to God - not only for what eternity will hold but also for what God did for us while we were alive in this body.