

Praise and Thanksgiving

Jerry Bridges

I. Introduction.

A. Text: Psalm 34.

II. God is to be praised at all times- in prosperity and adversity, in joy and heartache, in sickness and in health.

A. Praise is a sacrifice to God. (Job 1:20-21; Hebrews 13:15)

B. A sacrifice is an offering and it is something that is given up. It's costly. (2 Samuel 24:24; Romans 12:1; Philippians 4:18; Hebrews 13:16, 15)

1. We can offer God a sacrifice of ourselves, our money, and our praise.
2. We can praise God sacrificially when our circumstances do not naturally lead us to praise Him. (2 Corinthians 8)

III. We can praise God when we don't feel like it by recognizing that praise consists of two aspects in scripture: worship and thanksgiving.

A. We worship God because He is worthy, not because of our circumstances. (Revelation 4:8ff, 5:8-9)

1. Our circumstances do not change the worthiness of God.
2. Praise can be the victory in our reaction and our attitude toward our circumstances. (Isaiah 57:15; Hebrews 4:15)
3. Develop an attitude of worship and a pattern for worshiping regularly. The Psalms and the passages from Revelation are good for helping with this.

B. Thanksgiving has two elements to it.

1. We thank God by sight for what He has already done. (Luke 17:17-18)
 - a) There are so many things that we have to be thankful for.
 - b) We should put our whole beings into thanking God for real, not just for routine. (Psalm 111:1)
2. We thank God by faith when our circumstances are not good, knowing that God means those circumstances for good. (1 Thessalonians 5:18; Genesis 50:20)
 - a) Thanking God by faith requires assurance that God is complete control of every circumstance. (Matthew 10:29-31; Daniel 4:35)

b) Not only is God in control, but He exercises His authority on our behalf. He is concerned about every detail in our lives. (Ephesians 1:22-23; Isaiah 55:8-9; Matthew 10:30-31; Isaiah 49:14-16)

C. To thank God is to trust Him, and to trust Him is to worship Him.

IV. Praise is the most neglected area of our relationship with God. We need to make a habit of making a sacrifice of praise to God and thanking Him.

Application questions:

1. What does praising God in difficult circumstances require us to sacrifice?

2. How does worshiping God change our attitudes toward our circumstances?

3. How is thanking God a demonstration of trust?
