Thanks – How to give thanks to God

Praise and thanksgiving are the natural expression of gratitude that flows from our innermost being. Since God has done so many wonderful things, our innermost being overflows with thanksgiving.

Psalm 100 is a song of praise to the LORD for everything He has done and demonstrates ways to give God thanks.

Psalm 100:1-2 NIV84 Shout for joy to the LORD, all the earth. Worship the LORD with gladness; come before Him with joyful songs.

Psalm 100:3 NIV84 Know that the LORD is God. It is He who made us, and we are His; we are His people, the sheep of His pasture.

Psalm 100:4 NIV84 Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name.

Psalm 100:5 NIV84 For the LORD is good and His love endures forever; His faithfulness continues through all generations.

This Psalm calls all the earth to give thanks to God.

Before entering His courts for petition or prayer, we should give worship and thanks for all the LORD has done for us. Since the LORD God loads us with daily benefits, the scale of His generous love and care exceeds our capacity. Praise and give thanks for the bounty of His blessings. He made us and we are the sheep of His pasture.

What does that mean?

God carefully watches over every one of us. In His great love and goodness, God faithfully cares for His children, the sheep of His pasture. The Psalmist tells the whole earth to enter God's gates with thanksgiving and His courts with praise. Psalm 103 celebrates the Lord's perfection, compassion, forgiveness, and goodness. This joyful song of praise is offered to God with every faculty, power and property of the Psalmist's being. Notice where this praise and thanksgiving originates.

Psalm 103:1-2 NKJV Bless the LORD, O my soul; and all that is within me, bless His holy name! Bless the LORD, O my soul, and forget not all His benefits:

Thanksgiving, worship and praise starts in the soul and encompasses everything that is within.

This is not some light or trivial praise to God. The soul is the seat of the intellect and emotion. It is the part of us that is on the inside. The Bible tells us to love the LORD our God with ALL of our heart, soul, and strength. Our thanksgiving, worship, and praise involves both spirit and

body. It is not just an external celebration of thanksgiving and praise. That is too narrow. It involves both spirit and body. All that is within me blesses the name of the LORD.

"Forget not all His benefits!"

All His benefits reaches far beyond individual or personal experiences. "**All His benefits**" incorporates every one of the Divine interventions. It involves God's compassions, mercy and grace that are extended to the most depraved among us. It involves every blessing that is extended by God's covenants to His children. It involves God's providential control and care over all creation.

"Bless the LORD, O my soul."

When praise and thanksgiving starts arising within your soul, you should give Him praise. All of God's benefits reveal His compassionate, forgiving, loving and merciful character.

Read this verse out loud with me.

"Bless the Lord, O my soul; and all that is within me, bless His holy name! Bless the Lord, O my soul, and forget not all His benefits:"

Just in case you cannot remember all of His benefits, the Psalmist introduces us to the wonderful things God has done.

Psalm 103:3 NKJV Who forgives all your iniquities, Who heals all your diseases,

ALL is a massive amount of God's forgiveness and healing. You cannot even remember all of your iniquities or all your diseases.

Psalm 103:4-5 NKJV Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies, Who satisfies your mouth with good things, So that your youth is renewed like the eagle's.

Praise and worship takes everything God has done into account. It remembers God's goodness and mercy. Praise and worship digs down into the depths of our emotional being that involves your spirit and soul. It is natural for praise and worship to be filled with emotion.

Remember the things He has done.

Have your iniquities been forgiven? He has taken your sins and cast them so far away that they are not remembered against you.

Has God healed your mind, body or emotions? You do not have to carry the burden of past sicknesses or the heavy load of your distresses.

Has He kept and shielded you from destruction? Satan does not have free access to steal, kill, and destroy since you are kept and shielded by

the blood of Christ.

Have you experienced His lovingkindness and tender mercies? Do you see how God has supplied all your need? You thought you were going down, but God picked you up and strengthened, renewed and restored your soul. He satisfied your mouth with good things.

Praise and thanksgiving naturally and normally fill the presence of God.

The mighty cherubim and seraphim fill the throne of God with songs of praise and worship, declaring God's goodness. The doorposts of the heavenly temple are moved at the sound of their praise and worship.

Psalm 103:20-21 NKJV Bless the LORD, you His angels, Who excel in strength, who do His word, Heeding the voice of His word. Bless the LORD, all you His hosts, You ministers of His, who do His pleasure.

The Psalmist was so caught up by this praise and thanksgiving that he called for all of creation to worship and bless the LORD God.

Psalm 103:22 NKJV Bless the LORD, all His works, In all places of His dominion. Bless the LORD, O my soul!

"All that is within me" is more than the outward form of worship. Praise and worship is proper for all creation. This praise and worship flows out from all that is "within me."

Notice the destination and direction of thanksgiving. It starts within us, includes every place of God's dominion, and rises to the throne and person of God. Your corporate praise and worship must originate from within each one of you. It is the personal and spiritual condition and attitude we have within us. It springs from a heart of gratitude for the mercy of the LORD that is from everlasting to everlasting. All that God has done impacts your soul so dramatically that you must give Him thanks.

The Psalmist said: "sing unto the Lord."

Isaiah 42:10 NKJV Sing to the Lord a new song, And His praise from the ends of the earth!

Psalm 66:2 NKJV Sing out the honor of His name; Make His praise glorious.

We should celebrate in praise with musical instruments and songs of praise.

1 Chronicles 15:16 NKJV Then David spoke to the leaders of the Levites to appoint their brethren to be the singers accompanied by instruments of

music, stringed instruments, harps, and cymbals, by raising the voice with resounding joy.

Lift up your heads and sing to the Lord with a joyful and merry heart. Sing aloud and rejoice in the Lord with musical instruments.

Psalm 134:2 NKJV Lift up your hands in the sanctuary, and bless the LORD.

God's people have always lifted their voices with the sounds of music and praise to the LORD.

2 Chronicles 5:13a NKJV Indeed it came to pass, when the trumpeters and singers were as one, to make one sound to be heard in praising and thanking the Lord,

Unity in praise and thanksgiving is important. With instruments and their voices they made one sound in worshipping God.

2 Chronicles 5:13b-14 NKJV and when they lifted up their voice with the trumpets and cymbals and instruments of music, and praised the Lord, saying: "For He is good, For His mercy endures forever," that the house, the house of the LORD, was filled with a cloud, so that the priests could not continue ministering because of the cloud; for the glory of the LORD filled the house of God.

When the congregation lifted their voices with the musical instruments and praising God, the glory of God filled the house. Give God glory and praise for what He has done, for He is good and His mercy endures forever.

Let me remind you.

He forgives all your iniquities and heals all your diseases. He redeems your life from destruction and crowns you with lovingkindness and tender mercies. He satisfies your mouth with good things so that your youth is renewed.

His supply is always in the present tense. Right now He is doing this for you. He is forgiving and healing. He is redeeming and giving mercy. He is satisfying all your need and renewing your life.