

## Fostering Gratitude: *Our Sacrifice*

(Psalm 100; various texts)

### Gratitude as a Lifestyle

- We are called to be thankful always (1 Thessalonians 5:16-18)
- But this is difficult to do when life doesn't go as we want
  - That is why praise is a command

### Praise as a Command

- Praise is commanded as a sacrifice from us (Heb. 13:15-16)
  - Because it is often against our nature & desires
- But we are not to do it begrudgingly or half-hearted
- Example of commands to praise: Ps. 100

### A Psalm for Giving Thanks (Ps. 100)

- Look at the words describing our commanded praise
- We are to shout with joy:
  - Raise a battle cry (v. 1)
- Worship with gladness
  - Serve; work; labor (v. 2a)
- Enter into His presence
  - With shouts of joy (v. 2b)
  - With thanksgiving and praise (v. 4a)
- Know: Intimate, personal knowledge (v. 3)
  - Like a sheep knows its shepherd (John 10:4, 27)
- And we do all of this because the Lord's goodness & love is eternal (v. 5)
  - It requires us to look beyond the immediate

### *Gratitude beyond the Immediate*

- This kind of perspective allows us to see the outcomes that God can work (Jas 1:2-4)
  - Which lets us endure hardship while being grateful (Rom 5:3-5; 8:28)

### So What?

- Are we grateful in all circumstances?
  - Even when we don't feel it: A sacrifice
- Do we have the eternal perspective of God's goodness & love?
  - And letting it strengthen us to endure hardships

**Meditation Verse:** *Hebrews 13:15-16*