

Fostering Gratitude: *Our Testimony*

(Psalm 105)

Gratitude as Our Testimony

- When we thank God publicly
 - Testimony: Telling others of His goodness
- It is extending to them the invitation to “Taste and see that the LORD is good;” (Psalm 34:8a)
- Example: Psalm 105

The Setting of the Psalm

- 1 Chronicles 16
- David has brought the Ark of the Covenant & the Tabernacle to Jerusalem (1 Chron. 15:3)
- He invites all of Israel to praise the LORD by writing a psalm of reflection on God’s goodness

An Invitation to Praise (Ps. 105:1-7)

- God’s people (v. 6-7) are invited to tell the nations of what He has done for them (v. 1)
- So that they may come and worship the LORD as well

What the LORD has done (v. 8-44)

- He keeps His Covenant (v. 8-11)
 - The promises He made to Abraham, Isaac, and Jacob
- He brought them into Canaan under Abraham (v. 12-15)
 - Protecting them during the lifetime of Isaac & Jacob
- He protected them through Joseph’s ordeal (v. 16-22)
- He was with them in Egypt (v. 23-25)
- And delivered them through Moses and the 10 plagues (v. 26-38)
- He provided for them in the wilderness (v. 39-40)
- He brought them back to the Promised Land (v. 41-44)
 - Part of His covenant promise

His Purpose (v. 45)

- To make for Himself a people who:
 - Will obey Him
 - Will love Him
 - Will proclaim His name to the world

So What?

- Are we telling the world what the Lord has done for us?

- Is our gratitude our testimony?

Meditation Verse: *Psalm 105:1*

Gratitude Challenge

Write down daily something or someone that you are grateful to God for and tell Him about it in prayer. Maybe you want to share it on Facebook (if you do that sort of thing) or place it on your refrigerator. If you have kids at home, encourage them to join you in this exercise of thanksgiving. Do it every day for the whole month. If you miss a day, ask God to show you two things the next day.

May this be a means that God grows our hearts and minds to be more like
Jesus.