

### **3 Expressions of a Thankful Heart**

#### Lessons from Psalm 100

How do you say “thank you” for God’s goodness? Really, it’s impossible to fully express our thanks. But when your heart is overflowing with gratitude, it will find an outlet.

Psalm 100 is the outpouring of a heart, focused on God’s abundant blessings to His people.

In this Psalm of thanksgiving, vs 1–2 reveal three ways a thankful heart expresses gratitude.

*Make a joyful noise unto the LORD, all ye lands. Serve the LORD with gladness: come before his presence with singing. (Ps 100:1-2)*

**1. A Heart of Joy:** (Ps 100:1) *Make a joyful noise unto the LORD, all ye lands.*

Joy is the outgrowth of a thankful heart. Even in our darkest days, we have more blessings than we can count.

*“Count Your Blessings”*

Count your blessings, name them one by one,  
Count your blessings, see what God has done!  
Count your blessings, name them one by one,

\*Count your many blessings, see what God has done.

[\*And it will surprise you what the Lord has done.]

Thankful people are joyful people. Count your blessings!

**2. A Life of Service:** (Ps 100:2) *Serve the LORD with gladness:*

Like the Apostle Paul, it is Christ’s love for us that draws our hearts to grateful service for Him.

*(2 Cor 5:14-15) For the love of Christ constraineth us; because we thus judge, that if one died for all, then were all dead: 15 And that he died for all, that they which live should not henceforth live unto themselves, but unto him which died for them, and rose again.*

We don’t serve Christ out of guilt or fear, but out of our grateful love for Him.

The opportunity to serve God only adds to our reasons to praise Him.

Charles Spurgeon observed, *“They are sure to praise God best who serve Him best.”*

God does not intend His service to be burdensome.

If you are truly worshipping with thankfulness, you will serve with gladness.

**3. Words of Praise:** (Ps 100:2b) *come before his presence with singing.*

All throughout the psalms, thanksgiving and singing are linked together.

(Psalm 95:2) *“Let us come before his presence with thanksgiving, and make a joyful noise unto him with psalms.”*

Song: “Come Thou Fount” reminds us, *“Streams of mercy, never ceasing, call for songs of loudest praise.”*

Gratitude tunes our hearts to sing God’s praise.

Even if your voice is not quite on pitch, sing anyway!

God loves to hear your songs of praise.

Are you looking for a way to express your thankfulness to God?

Count your blessings, serve others, and sing to the Lord.

**Joy, Service, & Praise** are the overflowing expressions of a thankful heart!

(1 Thes 5:18) *In every thing give thanks: for this is the will of God in Christ Jesus concerning you*

**Everyone Has Something to Be Thankful For**  
God’s Goodness Gives Us Many Reasons to Be Grateful

On Thanksgiving Day millions of Americans will enjoy and be thankful for a delicious meal.

As we dig in to the turkey, dressing, and gravy, we may express our gratitude for family and friends.

Perhaps we will go around the table and share specific things for which we are thankful. Truly, we are a blessed people living in a blessed land.

However, there are many hurting people living in sorrowful circumstances.

For them it may be difficult to see and list things that are easily appreciated. At times, life can be hard.

We all have burdens, hardships, problems, and disappointments. It is the stark reality of living in a sin-cursed world.

But, there are some very precious truths for which we can always be thankful.

Psalm 100 is one of my favorite passages of Scripture for the Thanksgiving holiday. Consider the last two verses of this short but powerful chapter:

*Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name. 5 For the LORD is good; his mercy is everlasting; and his truth endureth to all generations.* (Psalm 100: 4–5)

We can perform the instructions of thankfulness in verse four because of the attributes of God given in verse five.

We can be thankful, praise, and bless the Lord because He is eternally good, merciful, & faithful.

**With that in mind, we can be thankful for today...**

## **1. You Can Be Thankful That “God Loves You”**

*Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God: therefore the world knoweth us not, because it knew him not.* (1 John 3:1)

*For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.* (John 3:16)

God has expressed & demonstrated His boundless love by sending His Son, Jesus, to earth so that we could have a personal relationship with Him.

***We can be thankful that God loves us.***

## **2. You Can Be Thankful That “Jesus Died for You”**

*Herein is love, not that we loved God, but that he loved us, and sent his Son to be the propitiation for our sins.* (1 John 4:10)

*But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.* (Romans 5:8)

Jesus died on the cross to pay for the sin of every person who has ever lived.

That means He died on the cross for you and for me.  
***We can be thankful that Jesus died for us!***

## **3. You Can Be Thankful That “Salvation Is Offered to You”**

*In whom we have redemption through his blood, even the forgiveness of sins:* (Colossians 1:14)

Salvation means that my sins are forgiven and that I am redeemed from the debt of sin I owed.

*But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name: (John 1:12)*

Salvation means that I have a relationship with God. I am no longer His enemy; I am His child.

*That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation. (Romans 10:9–10)*

To receive the offer of salvation I am told by the Bible to sincerely believe and simply receive that Jesus is God's Son and that He alone can save me. I cannot save myself.

***We can be thankful that Salvation Is Offered to us.***

#### **4. You Can Be Thankful That “Heaven Is Waiting for You”**

*(John 14:1-3) “Let not your heart be troubled: ye believe in God, believe also in me. 2 In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you. 3 And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there ye may be also.”*

We can be thankful right now b/c we know that we are saved.

We can be thankful right now b/c we know our sins are forgiven and that we have peace with God the Father.

We can be thankful right now b/c we know that we are a child of God & have an Eternal Life & a home in Heaven

***But, the only way to know you are saved is to know Jesus as your Saviour.***

*(John 14:6) “I am the way, the truth, and the life no man cometh unto the Father but by me.”*

You can know right now that you are saved—that you are born again.

You can know that your sins are forgiven and that you have peace with God the Father.

You can know that you are a child of God and that you have an eternal home in Heaven.

But, the only way to know you are saved is to know Jesus as your Saviour.

We truly have a lot to be thankful for!