

**Psa 92:1 (NKJV)** It is good to give thanks to the LORD, And to sing praises to Your name, O Most High

19-092-1-Enjoy Your Thanksgiving  
 thanksgiving, gratitude, praise, music, singing  
 Psalm 92:1 (NKJV)  
 There are many happy returns from thanksgiving.

**INTRODUCTION:** (text read at the meditational prelude)

–Our **text** is **Psa 92:1 (NKJV)**, *It is good to give thanks to the LORD, And to sing praises to Your name, O Most High*. This psalm is prefaced by, “A Psalm. A song for the Sabbath day.” The Sabbath was for rest and rejoicing. It expressed a sense of well-being that comes from a right relationship with God. This verse says, “*It is good to give thanks to the LORD.*” I want to expound on that **goodness** a little, showing that **HOM.idea**.  
 –If we had no other motive for *giving thanks* but our own personal happiness, our own emotional well-being, our own physiological health, we would still find that “*it’s a good thing to be thankful.*”

**I. Giving Thanks Is Good, Because It’s *Ethically Right***

- A. It’s always right to pay what we owe:
1. In the area of God’s blessings, we *all owe Him thanksgiving*.
  2. In the ability to repay God with gratitude, no one is *bankrupt*.
- B. All that we value comes as gifts from the Creator: this *Sabbath psalm* celebrates the day God rested from His work of creation—how we celebrate His gracious created gifts is by thanksgiving.
- C. **Counting blessings** helps us realize our wealth [**Hoarders** who hide their money, often die without ever counting it: *they were rich!*] We can find out how rich we are by obeying the song: “*Count your blessings, name them one by one.*” (*Blessings come in various forms...*)
1. **relationships** (*family, friends, neighbors, church family*)
  2. **abilities** (*senses, health, speech, literacy, memory, skills talents, mobility*, [**We count it a loss** to lose them, because they were a blessing.])
  3. **possessions** (*cars, homes, furniture, clothes, jewelry, meaningful in youth*, grow *less important as we grow older*, while *keepsakes, photos, and mementoes grow more precious!*)

**TRANS:** [**While at my mom’s**, *focused* on her brain tumor, a young couple in the neighborhood visited with tragic news. The husband’s mother had just died of a heart attack at age 46. This *sudden tragedy* drew our minds away from our own problems. When he said how sad Thanksgiving would be without her, I encouraged him to start

listing the things about his mom that he could be *thankful* for. I told him it might end up being the most meaningful Thanksgivings he ever had.] We all grieve our losses, but only because they were *blessings*—*gifts we enjoyed from God*. It's a debt we can never repay except with *thanksgiving*. So, it's "*good to give thanks to the LORD*," because it's *right*—it's an *ethical duty*. *Duties* aren't always *pleasant*. But this verse shows us that...

## II. Giving Thanks Is Good, Because It's Emotionally Pleasant

- A. Pleasure is God's idea, not Satan's! (*Temptations to go beyond the healthy limits* God set for *pleasure* can turn them into *pains*.)
- B. The *attitude of gratitude* is a component of good mental health (*Its opposite is the bitter, disgruntled, self-centered attitude of complaining*, which is always emotionally draining!)
- C. Thanksgiving is a form of praise [No word in Hebrew is specifically used by itself alone for *thanksgiving* to God—it's always related to praise].
  1. The exuberant joy we have in gifts diminishes; but our abiding joy is in the Giver. (That's why v.1 begins with "*give thanks*" and moves on to "*sing praises*"— Psa 100:4, Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.)
  2. There's a difference between thanksgiving and praise:
    - a. Thanking God still has some *self-focus* in it—we're *happy* with what we've received and feel good about acknowledging the Source: "*I love You, Lord, because You make me happy.*"
    - b. Praising God focuses on Him as He is—we feel *happy* in *contemplating* and *expressing His grandeur*: "*I adore You, Lord, because You are holy, just, loving, faithful, worthy of all glory, laud and honor.*" (Because we offer praise apart from how we personally benefit from *His goodness*, we are able to praise God in times both of *plenty* and of *privation*).
- D. Joy naturally expresses itself in song ["music" in the NIV]
  1. We long to join the natural rhythm in creation, whenever we "*get happy.*" [Babies rock and clap; youth dance; Birds chirp melodies: "*All nature sings and round me rings the beauty of the spheres...*"]
  2. Song is built into the human spirit— James 5:13, Is any one of you in trouble? He should pray. Is anyone happy? Let him sing songs of praise.
  3. Throughout history, happy lovers have filled volumes with poetic lines of lines forgotten in time...
  4. But how much greater and lasting is praise to the Eternal God!

- a. So many old hymns—tunes we'll *never learn* until Heaven!
- b. Modern songs come *faster* than we can remember them!

**TRANS:** Thanksgiving offers many happy returns. *It's good to give thanks to the Lord, because it's right and pleasant!* But many people measure progress and success in terms of results: "*Is it practical? Does it really work?*" Christians need to know and to show that it does:

## III. Giving Thanks Is Good, Because It's Spiritually Effective

- A. A *thanksgiving* that leads us into *songs of praise* moves us out of our *self-centeredness* and into *God-centeredness*.
  1. Self can hinder loving others: "*Must I give my time, my effort, my plans, my resources, just to show I really care?*"
  2. Thanksgiving resolves the problem: "*Lord, all I have is from Your hand, let me use my time and energy for Your glory!*"
- B. Thanksgiving and songs of praise drive off our spiritual enemies:
  1. Satan despises the testimony of God's blessings. (Those in Rev 12:11 "overcame" Satan "by the word of their testimony.") [Luther told a friend, "*Come, Melancthon, let us sing a psalm, and drive away the devil.*"]
  2. Grateful praise dispels doubt and discouragement— Acts 16:25, About midnight Paul and Silas [*beaten and in chains sharing the Gospel*] were praying and singing hymns to God, and the other prisoners were listening to them. (This blessed them and led to blessing others.)
- C. Thanksgiving that flows into songs of praise can lead others to be grateful or even to seek salvation [as did the jailer who heard Paul and Silas singing and was stopped by them from suicide when an earthquake burst open the prison doors] — [or as with a discouraged and still unconverted John Wesley on his voyage home from a failed missionary trip to America. Fearing for his life during a severe storm, he heard a group of Moravians singing praise to God and longed for their assurance of salvation. That experience began his steps toward finally finding new birth in a Moravian meeting at Aldersgate.]

## **CONCLUSION:**

—**There are many happy returns from thanksgiving.** It's *right* to do, doing it makes us happy, and it works in many ways for our own spiritual well-being. Who knows? Our *attitude of gratitude* may draw a neighbor to Christ. So, let's **enjoy Thanksgiving**, and "*give thanks to the LORD*" not just as an annual remembrance, but as a *daily practice* throughout the year!