

# Praise and Thanksgiving

*Jerry Bridges*

## I. Introduction.

A. Text: Psalm 34.

II. God is to be praised at all times- in prosperity and adversity, in joy and heartache, in sickness and in health.

A. Praise is a sacrifice to God. (Job 1:20-21; Hebrews 13:15)

B. A sacrifice is an offering and it is something that is given up. It's costly. (2 Samuel 24:24)

1. We can offer God a sacrifice of ourselves, our money, and our praise. (Romans 12:1; Philippians 4:18; Hebrews 13:15)

praise Him. (2 Corinthians 8)

III. We can praise God when we don't feel like it by recognizing that praise consists of two aspects in scripture: worship and thanksgiving.

A. We worship God because He is worthy, not because of our circumstances. (Psalm 86:10; Revelation 4:8ff, 5:4-5, 9ff)

1. Our circumstances do not change the worthiness of God.

2. Praise can be the victory in our reaction and our attitude toward our circumstances. It is more important for God to change our attitude than to change our circumstances. (Job 34)

B. Thanksgiving, thanking God because of what He does, has two elements to it.

1. We thank God by sight for what He has already done. (Luke 17:15-18; Romans 1:18-21ff)

a) There are so many things that we have to be thankful for. We need to thank God for what He has done.

2. We thank God by faith when our circumstances are not good, knowing that God means those circumstances for good. (1 Thessalonians 5:18; Philippians 4:6)

a) Thanking God by faith requires assurance that God is complete control of every circumstance and is working our circumstances for our good. (Romans 8:28; Genesis 50:20; Philippians 4: 6; Matthew 10:29-31; Philippians 1:12; Ephesians 1:22)

b) We cannot fathom what God is doing through the circumstances that He allows into our lives, but we can be sure that He shows constant care and concern for the details of our lives. (Isaiah 49:14-16; Matthew 10:30-31; Job 1:20)

**Application questions:**

1. What does praising God in difficult circumstances require us to sacrifice?

---

---

2. How does worshiping God change our attitudes toward our circumstances?

---

---

3. How is thanking God a demonstration of trust?

---

---