

THANKFUL

THE FIRST

START BY GIVING THANKS

In the Old Testament There are eleven Hebrew words that are translated praise but seven are used regularly.

1. **Todah**: A thanksgiving choir
2. **Barak**: To kneel in thanksgiving
3. **Tehilla**: To sing a song of thanksgiving
4. **Halal**: To give thanks by being clamorously foolish
5. **Yadah**: To give thanks with extended hands - raise hands
6. **Zamar**: To give thanks with a musical instrument
7. **Shabach**: To Give thanks in a loud tone

One verse in the Old Testament has four of the seven words for Praise.

Psalm 100:4 NKJV

Enter into His gates with thanksgiving,
And into His courts with praise.
Be thankful to Him, and bless His name.
5 For the Lord is good;
His mercy is everlasting,
And His truth endures to all generations.

Enter into His gates with thanksgiving, (**todah** - A thanksgiving choir)
And into His courts with praise. (**tehillah** - singing Praises)
Be thankful (**Yadah** - extend your hands) to Him, and bless (**Barak** - Bow before) His name.

Psalm 100:4 (Paraphrased)

Enter his gates with a *thanksgiving choir*, and into his courts with *singing praises*. Be thankful *by extending your hands* to Him, and bless Him by *bowing* before His name.

Psalm 92:1–5 NLT

It is good to give thanks to the Lord,
to sing praises to the Most High.

2 It is good to proclaim your unfailing love in the morning,
your faithfulness in the evening,

3 accompanied by a ten-stringed instrument, a harp,
and the melody of a lyre.

4 You thrill me, Lord, with all you have done for me!
I sing for joy because of what you have done.

5 O Lord, what great works you do!
And how deep are your thoughts.

THE LAST

FINISH WITH THANKSGIVING

Grateful people leave fear behind

To the extent we allow faith, hope, and love into our hearts, we
overwhelm fear and overcome its discouraging influence.

Philippians 4:6-7

Be anxious for nothing, but in everything by prayer and supplication,
with thanksgiving, let your requests be made known to God; 7 and the
peace of God, which surpasses all understanding, will guard your
hearts and minds through Christ Jesus.

Mark 11:24 NKJV

Therefore I say to you, whatever things you ask when you pray, believe
that you receive them, and you will have them.

**The seeds of discouragement can't grow in a thankful
heart, they just can't**

Anxious :

G3309 (Strong) Merimnaō

to be anxious about: - (be, have) care (-ful), **take thought.**

Anxiety is something that you can control

Anxiety is a result of not knowing the outcome.

John 11:41-43

Then they took away the stone from the place where the dead man was lying. And Jesus lifted up His eyes and said, "Father, I thank You that You have heard Me. 42 And I know that You always hear Me....

EVERYTHING IN BETWEEN

LIVE WITH A THANKFUL HEART

This Honors God

Psalm 50:23 NLT

But giving thanks is a sacrifice that truly honors me...

A thankful heart honors God.

Your honoring Him as the one who brought your blessing.

1 Thessalonians 5:17-18 NKJV

pray without ceasing, 18 in everything give thanks; for this is the will of God in Christ Jesus for you.

We have so much to be thankful for.

- He choose us in Christ before the foundation of the world.
- We have an intimate relationship with him.
- We have peace with God.
- The unconditional love of God.
- He provides all our needs.

- He is our protector
- All sins, past, present & future paid for.
- We have a eternal home in heaven
- We have His Word.
- He is our ever present help in times of need.

MAGNIFY

You choose, In any season of your life, you choose what you magnify.
What you magnify, you will get more of!

Psalm 50:23 NLT

But giving thanks is a sacrifice that truly honors me...
A thankful heart honors God.

Luke 17:15–19 KJV

And one of them, when he saw that he was healed, turned back, and with a loud voice glorified God, 16 And fell down on his face at his feet, giving him thanks: and he was a Samaritan. 17 And Jesus answering said, Were there not ten cleansed? but where are the nine? 18 There are not found that returned to give glory to God, save this stranger. 19 And he said unto him, Arise, go thy way: thy faith hath made thee whole.