

## Psalm 100

### “God’s Thanksgiving Recipe”

#### I. Introduction

- A. This Psalm is about thanksgiving. It instructs us on how to live a *lifestyle* of thanksgiving to God...**and thanksgiving is meant to be a central part of the life of a believer in Christ!**
- B. **1 Thessalonians 5:18 “give thanks in all circumstances; for this is the will of God in Christ Jesus for you.”**
- C. **I want to share an example of what scripture means by that...**
- D. **It is gratitude that prompted an old man to visit an old broken pier on the eastern seacoast of Florida. Every Friday night, until his death in 1973, he would return, walking slowly and slightly stooped with a large bucket of shrimp. The sea gulls would flock to this old man, and he would feed them from his bucket. Many years before, in October, 1942, Captain Eddie Rickenbacker was on a mission in a B-17 to deliver an important message to General Douglas MacArthur in New Guinea. But there was an unexpected detour which would hurl Captain Eddie into the most harrowing adventure of his life. Somewhere over the South Pacific the Flying Fortress became lost beyond the reach of radio. Fuel ran dangerously low, so the men ditched their plane in the ocean...For nearly a month Captain Eddie and his**

companions would fight the water, and the weather, and the scorching sun. They spent many sleepless nights recoiling as giant sharks rammed their rafts. The largest raft was nine by five. The biggest shark...ten feet long. But of all their enemies at sea, one proved most formidable: starvation. Eight days out, their rations were long gone or destroyed by the salt water. It would take a miracle to sustain them. And a miracle occurred. In Captain Eddie's own words, "Cherry," that was the B- 17 pilot, Captain William Cherry, "read the service that afternoon, and we finished with a prayer for deliverance and a hymn of praise. There was some talk, but it tapered off in the oppressive heat. With my hat pulled down over my eyes to keep out some of the glare, I dozed off." Now this is still Captian Rickenbacker talking..."Something landed on my head. I knew that it was a sea gull. I don't know how I knew, I just knew. Everyone else knew too. No one said a word, but peering out from under my hat brim without moving my head, I could see the expression on their faces. They were staring at that gull. The gull meant food...if I could catch it." And the rest, as they say, is history. Captain Eddie caught the gull. Its flesh was eaten. Its intestines were used for bait to catch fish. The survivors were sustained and their hopes renewed because a lone sea gull, uncharacteristically

**hundreds of miles from land, offered itself as a sacrifice. You know that Captain Eddie made it. And now you also know...that he never forgot. Because every Friday evening, about sunset...on a lonely stretch along the eastern Florida seacoast...you could see an old man walking...white-haired, bushy-eyebrowed, slightly bent. His bucket filled with shrimp was to feed the gulls...to remember that one which, on a day long past, gave itself without a struggle...like manna in the wilderness.**

- E. Captain Eddie enjoyed, again and again, the miracle of God's provision and care because each Friday He remembered and gave thanks.
- F. God's will is that we would enjoy again and again the blessing of what He has done for us...by revisiting again and again the miracles he has performed for us...living a life of thanks and gratitude to Him...it is to be a way of life for us.
- G. A lot of Christians are missing out on this important key to life in Christ. Apart from a life of gratitude and praise we are robbed of confidence and hope we are meant to enjoy in our relationship with Christ.**
- H. A lifestyle of thanksgiving will radically change your life.**

## **I. Recipe For a Life of Thanksgiving**

- A. **Make a joyful noise** — Shout out in applause to God and His works...applaud who He is and what He has done
- B. **Call Ripken — Commitment, endurance, and persistence are the reasons why this baseball legend received the longest applause ever in the history of the sports. For 16 seasons straight he played more than 2,600 consecutive games. It was September 6th, 1995, the Baltimore Orioles were playing the California Angels, and one could feel the anticipation in the air at the Camden Yards when Cal surpassed Lou Gehrig's 2130 streak record. The crowd went wild and applauded for a total of 22 minutes.**
- C. *It is ok to be excited about God and what He has done...*in fact we should be. If we can be excited for a baseball player or a football team we can and should be infinitely more so for God and His work in the world as well as our life personally!
- D. It is not disrespectful to applaud Christ...It is not disrespectful to shout praise to His name!
- E. **Serve the Lord with Gladness** — Do all that we do as an act of worship...the whole of our life is to be an expression of devotion and praise to God.
- F. God has given you the ability and opportunity to work, live and raise a family...Do everything you do with a mind that God has

provided all I have and all I will ever need to be a part of what He is doing in the world...and what I am doing matters!

- G. Live your life as a servant of God...excited to be a part of what He is doing...It is no accident that you are where you are...doing what you are doing...right where you are today is a place where God is at work and He wants you to join in what He is doing around you! Join Him
- H. **Come Into His Presence with Singing** — With a ringing cry or shout for joy
- I. Again God is teaching us to make some noise when we enter His presence for worship...be excited for what He has done and let the excitement and enjoyment come forth triumphantly...victoriously.

## **I. Interlude — Our Motivation**

- A. **Interlude — a musical composition inserted between the parts of a longer composition, a drama, or a religious service**
- B. David interrupts the recipe with a little motivation...a look at what fuels our gratitude and lifestyle of thanksgiving to God.
- C. **Look at verse 2...Here is the catalyst which motivates our praise and gratitude to God...**

D. **Know that the Lord is God! — God exists!** We know Him and have a relationship with Him. He made us and we are His! We are His people and the sheep of His pasture which means He cares for our every need...both now and forever.

E. **Regardless of what circumstances look like in our life at the moment we have the assurance of a God who is good and has pledged Himself to care for our every need.**

F. If this doesn't get our engine running and make you want to shout then something is wrong! You either don't believe it or haven't thought enough of what it means. God is in control of our eternity and He is taking care of us.

G. Some people in this room need to start getting noisy...start shouting even when you don't feel like shouting because it is the right thing to do...shout for what has been done for others, for you and what has been promised for the future.

## I. Part Two

A. **Now we come to the middle or high point of the Psalm...Here is where everything comes to a point...all before has been leading up to this and everything after is an epilogue or concluding section that rounds out the song**

- B. Everything before now could be thought of as personal devotions, day to day living and individual acts of thanksgiving and praise...now we are going to church.
- C. The “gates” and "courts" were a part of the temple. God is teaching us to enter worship, enter church, with thanksgiving and praise.
- D. Because of who God is and what He has done, live a life shouting, praising and serving God with gladness...**and when go to church...**
- E. Enter with Thanksgiving — This is a specific action...Lift up your hands...make a confession...bring a sacrifice of thanksgiving...an expression of gratitude.
- F. Eric Fellman speaks of meeting a Chinese couple in Hong Kong, while traveling to China. "A friend took me down a narrow alley to a second-floor flat to meet a man recently released from prison in China. A Chinese man in his 60s opened the door. His smile was radiant, but his back was bent almost double. He led us to a sparsely furnished room. A Chinese woman of about the same age came in to serve tea. As she lingered, I couldn't help but notice how they touched and lovingly looked at each other. My staring apparently didn't go unnoticed, for soon they were both giggling. "What is it?" I asked my friend. "Oh nothing," he said with a smile. "They

just wanted you to know it was OK--they're newlyweds." I learned they had been engaged in 1949, when he was a student at Nanking Seminary. On the day of their wedding rehearsal, Chinese communists seized the seminary. They took the students to a hard-labor prison. For the next 30 years, the bride-to-be was allowed only one visit per year. Each time, following their brief minutes together, the man would be called to the warden's office. "You may go home with your bride," he said, "if you will renounce Christianity." Year after year, this man replied with just one word; "No." I was stunned. How had he been able to stand the strain for so long, being denied his family, his marriage, and even his health? When I asked, he seemed astonished at my question. He replied, "With all that Jesus has done for me, how could I betray Him?"

G. **With all that Jesus has done** for us how could we betray Him? **And how could we ever miss the opportunity to praise and thank Him?**

H. Even when we don't feel like it...even when it costs us everything...make the sacrifice...lift up a sacrifice of praise... give it to Him!

I. **Giving "thanksgiving" means applauding (joyful noise) God, rehearsing all the things He has done for us and everyone else,**



**remembering His character and how perfect He is...and  
expressing gratitude and praise for all of these**

- J. When you walk into this place do so with a sacrifice of thanksgiving**
- K. Praise — Sing, rehearse and recollect the Lord's character and acts**
- L. Give Thanks to Him — List the things He has done for others and for you.** Tell Him about them...let Him know they have not passed unnoticed. Let Him know that you know the blessings come from Him and you are grateful
- M. Bless His name — Bend the knee and adore Him**
- N.** We need more of this in our churches today I think...an acknowledgement that He is God and we are His creation...that He is Lord...to adore Him for who He is and who we are not!

## **I. And Who is The Lord...**

- A. Postlude —** a closing phase
- B.** Now we have the postlude...the closing of the song...a reminder of what matters and why we do what we do.
- C. The Lord is Good — Good —** morally excellent; virtuous; righteous; God is good in the broadest sense the word can be

understood. He is perfect in goodness...always good...good in every way...every decision.

- D. Allow your thanks to remind you that the Lord is good...meditate on this fact...rehearse or remember the Lord's goodness not just to you personally but to your family, church friends and the world.
- E. God created us with the knowledge that we would sin and need the Cross for our salvation!
- F. While we were yet sinners Christ died for us!
- G. **Steadfast Love Endures Forever** — Faithful and never ending love for us. God is always faithful...He will never break a promise or fail to come through for us...He never has and He never will
- H. God loves us perfectly, unconditionally and without end. He died for us while we were at our worst and nothing can or ever will separate us from His love.
- I. **Faithfulness to all Generations** — God has been faithful to the generations of the past and will be to us as He will be to all future generations...He will come through for us, our kids and our grandkids.

## **I. Conclusion**

- A. Thanksgiving is how we enjoy the blessings God has already given *and* open the door to greater faith for our future. Without thanksgiving we fail to do either of these.**
- B. A tablespoon of shouts and applause with a cup of glad service, a handful of praise while folding in thanksgiving, praise and adoration will do the trick**
- C. Let God remind you of His character, faithfulness and love so you might be grateful for what is and hopeful for what is yet to come. This is the strength of the Christian and the manner by which we live life in Christ.**
- D. Let this season be a reminder of where your real gratitude is and the One from whom all blessings come.**