

**The Prayers of the Psalms**  
**I Am Thankful**  
**Discover Church**  
**Mark Phillips**  
**August 11, 2024**

**Pure Thanksgiving:** *“Give thanks to the Lord, for he is good; his love endures forever.”*  
*Psalm 107:1*

**Gratitude:** *“Praise the Lord, my soul, and forget not all his benefits.”* Psalm 103:2

**Thanksgiving and Praise:** *“Sing the praises of the Lord, you his faithful people; praise his holy name. For his anger lasts only a moment, but his favor lasts a lifetime; weeping may stay for the night, but rejoicing comes in the morning.”* Psalm 30:4-5

*“I love the Lord, for he heard my voice; he heard my cry for mercy. Because he turned his ear to me, I will call on him as long as I live. The cords of death entangled me, the anguish of the grave came over me; I was overcome by distress and sorrow. Then I called on the name of the Lord: “Lord, save me!” The Lord is gracious and righteous; our God is full of compassion. The Lord protects the unwary; when I was brought low, he saved me. <sup>7</sup> Return to your rest, my soul, for the Lord has been good to you. For you, Lord, have delivered me from death, my eyes from tears, my feet from stumbling, that I may walk before the Lord in the land of the living. I trusted in the Lord when I said, “I am greatly afflicted”; in my alarm I said, “Everyone is a liar.” What shall I return to the Lord for all his goodness to me? I will lift up the cup of salvation and call on the name of the Lord. I will fulfill my vows to the Lord in the presence of all his people. Precious in the sight of the Lord is the death of his faithful servants. Truly I am your servant, Lord; I serve you just as my mother did; you have freed me from my chains. I will sacrifice a thank offering to you and call on the name of the Lord. I will fulfill my vows to the Lord in the presence of all his people, in the courts of the house of the Lord—in your midst, Jerusalem. Praise the Lord.”* Psalm 116

### **How to live a life of gratitude to God**

1. Be **thankful** to God for **hearing** your prayer

*“I love the Lord, for he heard my voice; he heard my cry for mercy. Because he turned his ear to me, I will call on him as long as I live.”* Psalm 116:1-2

- **We learn to love God better.**

*“The Lord is gracious and righteous; our God is full of compassion. The Lord protects the unwary; when I was brought low, he saved me.”* Psalm 116:5-6

- **We learn to love the practice of prayer better.**

2. **Delight** in the Lord because He is **good** to me

*“Return to your rest, my soul, for the Lord has been good to you. For you, Lord, have delivered me from death, my eyes from tears, my feet from stumbling.” Psalm 116:7-8*

3. Gratitude for the **Rest** in the Lord

*“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” Matthew 11:28-30*

4. **Devote** your life to God

*“that I may walk before the Lord in the land of the living.” Psalm 116:9*

*“One thing have I desired of the Lord, that will I seek after; that I may dwell in the house of the Lord all the days of my life, to behold the beauty of the Lord, and to enquire in his temple.” Psalm 27:4*

- His **faith**

*“I trusted in the Lord when I said, “I am greatly afflicted” Psalm 116:10*

*“It is written: “I believed; therefore I have spoken.” Since we have that same spirit of faith, we also believe and therefore speak.” 2 Corinthians 4:13*

*“For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved.” Romans 10:10*

- His **fear**

*“In my alarm I said, “Everyone is a liar.” Psalm 116:11*

*“What shall I return to the Lord for all his goodness to me?” Psalm 116:12*

- His **gratitude**

*“Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4:4-7*

**The Prayers of the Psalms  
I Am Thankful  
Discover Church  
Mark Phillips  
August 11, 2024**

**How to live a life of gratitude to God**

1. Be \_\_\_\_\_ to God for \_\_\_\_\_ your prayer
  
2. \_\_\_\_\_ in the Lord because He is \_\_\_\_\_ to me
  
3. Gratitude for the \_\_\_\_\_ in the Lord
  
4. \_\_\_\_\_ your life to God
  - His \_\_\_\_\_
  
  - His \_\_\_\_\_
  
  - His \_\_\_\_\_

Scripture: *Psalm 107:1; Psalm 103:2; Psalm 30:4-5; Psalm 116; Matthew 11:28-30; Psalm 27:4; 2 Corinthians 4:13; Romans 10:10; Philippians 4:4-7*