

More than an Attitude of Gratitude

I love the Lord because he has heard my voice and my supplications. Because he inclined his ear to me, therefore I will call on him as long as I live. The snares of death encompassed me; the pangs of Sheol laid hold on me; I suffered distress and anguish. Then I called on the name of the Lord, "O Lord, I pray, save my life!" Gracious is the Lord and righteous; our God is merciful.

<sup>6</sup> The Lord protects the simple; when I was brought low, he saved me. Return, O my soul, to your rest, for the Lord has dealt bountifully with you. For you have delivered my soul from death, my eyes from tears, my feet from stumbling. I walk before the Lord in the land of the living. I kept my faith, even when I said, "I am greatly afflicted";

<sup>11</sup> I said in my consternation, "Everyone is a liar." What shall I return to the Lord for all his bounty to me? I will lift up the cup of salvation and call on the name of the Lord; I will pay 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 ones.

<sup>16</sup> O Lord, I am your servant; I am your servant, the child of your serving girl. You have loosed my bonds. I will offer to you a thanksgiving sacrifice and call on the name of the Lord. I will pay my vows to the Lord in the presence of all his people, in the courts of the house of the Lord, in your midst, O Jerusalem. Praise the Lord!



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- Psalm 116:16-17

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- Psalm 116:5-7

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

- Philippians 4:6-7

## Practicing gratitude invites joy into our lives

I will pay my vows to the Lord in the presence of all his people, in the courts of the house of the Lord, in your midst, O Jerusalem.

Praise the Lord!

- Psalm 116:18-19