

Thanksgiving

Psalm 30

Thanks is the response of a Christ-follower to God's salvation.

A-C-T-S

Jan. 25, 2024

1. Thank you God for rescuing me from **circumstances** (1-5)

You **hauled** me up from the depths (Psalm 69:2; 130:1)

You healed me from sickness "Doctors treat, God **heals** "

You helped me narrowly escape from death

Congregational singing of the **saved**

Sorrow checks out and joy comes to stay (Ps. 126:5-6)

Being saved from sickness is not the same as being saved from sin, but one may lead to the other (see Luke 17:11-19).

2. Thank you God for rescuing me from **self** (6-10)

You see through my **false** security and boasting

You sustain my **fragile** existence (Psalm 104:29)

God, there's no benefit to you if I can't worship!

Commit self (and others) to God's **mercy**

Being saved from self is very close to being saved from sin, because self-righteousness will keep you from coming to Jesus.

3. Thank you God for rescuing me from **silence** (11-12)

You turned my wailing to **dancing**

You removed my sackcloth and clothed me with joy

You gave me a **song**

"Oh LORD my God, I will give you thanks **forever** ."

Being saved from silence and having a song of praise or story of how God saved you (testimony) is evidence of a changed heart.

On Your Own (Better with Others)

1. From today's sermon, what is one insight, observation or principle that you found helpful, eye-opening, or troubling?
2. How has God rescued you from dire circumstances, reliance upon yourself, and silence? Choose one and give Him thanks.
3. READ Philippians 4:4-7. What does it mean to pray "with thanksgiving?" Is thanksgiving an appetizer, a garnish, a side dish, the entre, or dessert ☺ ? Is **thanks** extra or essential?
4. Do the angels give thanks? Is there thanksgiving in heaven? Will we ever stop giving thanks to God? (use Scripture in answer)
5. Where is it easier for you to offer thanksgiving to God for his many blessings; privately in your prayers to God, or publicly in corporate worship with others?
6. Do you have a favorite song of thanksgiving to God, a praise chorus or a hymn? (If with others, maybe sing it together.)
7. READ Philippians 1:3-6; Colossians 1:3-6; 1 Thessalonians 1:2-3 and thank God for brothers and sisters in Christ and His work in and through them. Spend some time thanking Him for others.