

BE YE THANKFUL
How To Be Thankful

I. Thanksgiving is connected to what you remember

- A. He connects thanksgiving to remembering-**Ps103:1-BLESS** (praise, thank) the Lord, O my soul: and all that is within me, bless his holy name. ²**BLESS** the Lord, O my soul, **AND FORGET** (want of memory or attention, ignore) not all his benefits: ³Who forgiveth all thine iniquities; who healeth all thy diseases; ⁴Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies; ⁵Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's.
- B. What he's doing with his mind activated thanksgiving-**Ps30:1-I** will extol thee, O Lord; for thou hast lifted me up, and hast not made my foes to rejoice over me. ²O Lord my God, I cried unto thee, and thou hast healed me. ³O Lord, thou hast brought up my soul from the grave: thou hast kept me alive, that I should not go down to the pit. ⁴Sing unto the Lord, O ye saints of his, and **GIVE THANKS AT THE REMEMBRANCE** of his holiness. ¹¹Thou hast turned for me my mourning into dancing: thou hast put off my sackcloth, and girded me with gladness; ¹²To the end that my glory may sing praise to thee, and not be silent. O Lord my God, **I WILL GIVE THANKS** unto thee for ever-**Ps9:1-I** will praise thee (give thanks), O Lord, with my whole heart; I will shew forth (recount, rehearse) all thy marvelous works.

II. The forgetful mind and murmuring mouth are connected

- A. Forgot and murmured at the Red sea-**Ps106:7-Our** fathers understood not thy wonders in Egypt; **THEY REMEMBERED NOT THE MULTITUDE OF THY MERCIES**; but provoked him at the sea, even at the Red sea-**Ex14:11-And** they said unto Moses, Because there were no graves in Egypt, hast thou taken us away to die in the wilderness? wherefore hast thou dealt thus with us, to carry us forth out of Egypt? ¹²Is not this the word that we did tell thee in Egypt, saying, Let us alone, that we may serve the Egyptians? For it had been better for us to serve the Egyptians, than that we should die in the wilderness.
- B. Forgot and murmured in the wilderness-**Ps106:13-They** soon **FORGAT** his works; they waited not for his counsel: ¹⁴But lusted exceedingly in the wilderness, and tempted God in the desert-**Ex16:2-And** the whole congregation of the children of Israel **MURMURED** against Moses and Aaron in the wilderness: And the children of Israel said unto them, Would to God we had died by the hand of the LORD in the land of Egypt, when we sat by the flesh pots, and when we did eat bread to the full; for ye have brought us forth into this wilderness, to kill this whole assembly with hunger-**Ex17:3-And** the people thirsted there for water; and the people **MURMURED** against Moses, and said, Wherefore is this that thou hast brought us up out of Egypt, to kill us and our children and our cattle with thirst?
- C. Forgot and murmured in their tents at the promise land-**Ps106:21-They** **FORGAT** God their saviour, which had done great things in Egypt; ²²Wondrous works in the land of Ham, and terrible things by the Red sea. ²⁴Yea, they despised the pleasant land, they believed not his word: ²⁵But **MURMURED IN THEIR TENTS**, and hearkened not unto the voice of the Lord

III. Being thankful requires you do something with your mind

- A. Focus on the wrong thing and your mouth will go to murmuring-If you think about what you are not, what you don't have, what you can't do, what hasn't happened for you, it's impossible to thankful
- B. Thankfulness has nothing to do when your present condition-No matter how good you have it if you focus on the wrong thing you'll be unthankful; No matter how bad it seems if you'll focus on the right thing you'll be thankful
- C. Thanksgiving principle-It starts in the eyes, lift your eyes to God, focus on who you are in Him, what you have in Him, what you can do in Him, all the good things He has done for you and it activates thanksgiving
1. Mary won't come and see Him, Martha and Mary both blame Jesus, Lazarus whom he loved is dead, it looks like what He said didn't come to pass-**Jn11:41-Then** they took away the stone from the place where the dead was laid. And Jesus lifted up his eyes, and said, Father, I thank thee that thou hast heard me.