

HOW TO BUILD A THANKFUL LIFE

PSALM 105: 1-6

Introduction:

This lengthy psalm opens with a series of imperatives. They constitute a call to build a life of thanksgiving. A thankful life is one that is constantly oriented toward God and walks with an awareness of Him. It is the ideal for the people in covenant with God.

In building a thankful life you must bring your tongue, your heart and your mind under control. The thankfulness will require their participation.

I. TRAIN THE TONGUE (V. 1-3A)

1. To pray.
2. To witness.
3. To sing.
4. To boast.

II. TRAIN THE HEART (V. 3B-4)

1. To rejoice.
2. To seek His strength.
3. To seek His favor.

III. TRAIN THE MIND (V. 5-6)

1. To remember what He has done.

2. To remember who you are.