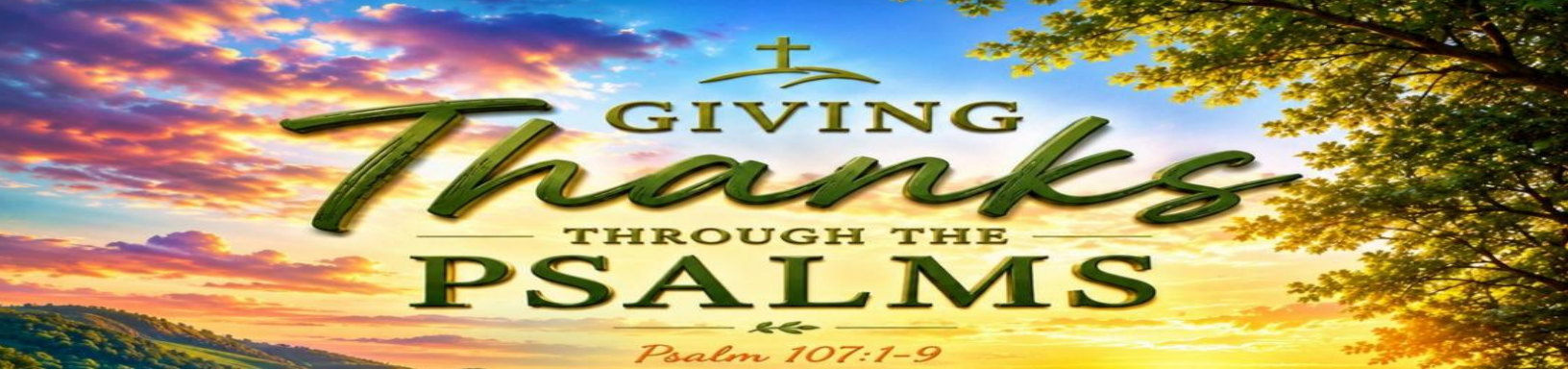




GIVING *Thanks* THROUGH THE PSALMS *Psalm 107:1-9*

Psalm 107:1-9 NKJV

“Oh, give thanks to the Lord, for He is good! For His mercy endures forever. Let the redeemed of the Lord say so, whom He has redeemed from the hand of the enemy and gathered out of the lands, From the east and from the west, from the north and from the south. They wandered in the wilderness in a desolate way; They found no city to dwell in. Hungry and thirsty, their souls fainted in them. Then they cried out to the Lord in their trouble, and He delivered them out of their distresses. And He led them forth by the right way, that they might go to a city for a dwelling place. Oh, that men would give thanks to the Lord for His goodness, and for His wonderful works to the children of men! For He satisfies the longing soul, and fills the hungry soul with goodness.” — Psalm 107:1-9 NKJV

Psalm 107:1-9 reveals that thanksgiving begins when God’s people remember His goodness, His enduring love, and His power to redeem in times of trouble. The psalm calls for the redeemed to say so because God gathers the scattered, leads the wandering, satisfies the longing soul, and fills the hungry with good things.

This week’s study invites us to see how thanksgiving can shape the way we see God and celebrate His goodness, openly encouraging others to place their trust in Him. It reminds us that gratitude is not only a feeling or optional; it is a necessary, faithful response and heart posture to the God who rescues, provides, restores, and deserves our praise.



1. Remember ~ Thanksgiving Begins with Remembering

“Give thanks to the Lord, for He is good; His love endures forever.” - Psalm 136:1

Psalm 136 is a congregational psalm of remembrance of His defense, His power, His wisdom, and His provision. It calls God’s people to look back and rehearse the many ways the Lord has acted on their behalf.

The psalm remembers God as Creator, the One who made the heavens, the earth, the sun, the moon, and the stars. It also remembers God as Deliverer, the One who rescued His people from bondage and led them through the wilderness.

Each declaration of what God has done is answered with the refrain that His love endures forever. This repeated response teaches us that thanksgiving is not only based on what God gives, but on who God is.

Both psalms call the redeemed to give thanks for the Lord’s unfailing love. Remembering is important because gratitude weakens when we forget God’s goodness. This point connects to Psalm 107 because the redeemed are called to remember and give thanks for the Lord’s steadfast love and His wonderful works.

Reflect:

1. What does the phrase “His love endures forever” mean, and how does remembering God’s lasting love strengthen thanksgiving?
2. What does this point reveal about God as One whose goodness and love remain constant?
3. What is one way you can intentionally remember God’s goodness before beginning each day?
4. Why is remembering an important first step in developing a life of thanksgiving?



2. Rescue – Thanksgiving Flows from Rescue

“You have exalted my horn... fine oils have been poured upon me.” - Psalm 92:10

Psalm 92 is a song for the Sabbath that celebrates God’s faithful works and His victory over the wicked. It begins with the goodness of giving thanks to the Lord and singing praise to His name.

The psalm reminds us that thanksgiving grows when we pause to recognize God’s lovingkindness in the morning and His faithfulness at night. It also teaches that God’s works are great and His thoughts are deep, even when we do not fully understand what He is doing.

The image of an exalted horn points to renewed strength, dignity, and deliverance. In the sermon, this connects to rescue because God strengthens His people after seasons of trouble, opposition, or weariness.

Psalm 92 shows that the righteous can still flourish because God is faithful to sustain them. Thanksgiving flows from rescue because God does not leave His people helpless. Psalm 107 also shows people crying out to the Lord in distress and being rescued by His steadfast love. Psalm 107 shows this same pattern as God delivers those who cry out to Him in trouble.

Reflect:

1. What does “exalted my horn” suggest about strength, restoration, and God’s rescue?
2. What does this point reveal about God as Deliverer and Restorer?
3. Where have you seen God rescue, strengthen, or sustain you in a difficult season?
4. Why is it important to connect thanksgiving to the ways God has rescued us?



3. Rejoice – Rejoicing Is a Public Witness of Our Thanksgiving

“Shout with joy to God...” - Psalm 66:1

Psalm 66 invites all the earth to praise God for His awesome deeds. It begins with a call to shout joyfully to God and give glory to His name.

The psalm reminds us to look at what God has done and respond with worship lived out. It remembers how God made a way through the waters and brought His people into a place of deliverance.

This shows that rejoicing is rooted in remembering God’s power and faithfulness. The psalm moves thanksgiving beyond private reflection into public witness.

In the sermon, this connects to rejoicing because gratitude should become visible in our praise, testimony, and worship. Rejoicing tells others that God is worthy of praise.

Psalm 107 also calls the redeemed to speak of the Lord's goodness and thank Him for His wonderful works. This connects to Psalm 107 because the redeemed are not called to remain silent; they are called to declare what the Lord has done.

Reflect:

1. What does the word "shout" teach us about the visible and public nature of thanksgiving?
2. What does this point reveal about God as worthy of joyful and public praise?
3. How can your words, worship, or testimony become a witness of thanksgiving this week?
4. Why does public rejoicing matter in the life of the church and in our witness to others?



4. Recognize – Thanksgiving Recognizes God's Provision

"I will give thanks to You, LORD, with all my heart; I will tell of all Your wonderful deeds." - Psalm 9:1

Psalm 9 is a psalm of praise in which David gives thanks for God's justice, protection, and mighty works. David begins by giving thanks to the Lord with his whole heart and telling of all God's wonderful deeds.

This shows that recognizing God's provision begins with remembering and naming what God has already done. Psalm 66 also supports this sermon point because it calls the people to come and see the works of God.

Together, these psalms remind us that thanksgiving grows when we pay attention to God's activity in our lives. Recognizing God's provision requires attention; we learn to see His hand in what we may have overlooked.

In the sermon, this connects to recognizing because gratitude is strengthened when we notice God's care, help, and faithfulness.

Psalm 107 shows people who were hungry, thirsty, wandering, and in distress, yet God heard their cry. God not only rescued them; He also satisfied them with His goodness. Psalm 107 reminds us that God satisfies the longing soul and fills the hungry soul with goodness, showing that provision is both spiritual and practical.

Reflect:

1. What does the phrase "with all my heart" reveal about sincere thanksgiving?
2. What does this point reveal about God as Provider and Sustainer?
3. What provision from God do you need to recognize and give thanks for today?
4. Why is it important to tell of God's wonderful deeds instead of keeping them to ourselves?



5. Require – Thanksgiving Is a Requirement

"Shout for joy to the Lord... worship the Lord... enter His gates with thanksgiving." - Psalm 100:1, 2, 4

Psalm 100 is a call to worship that commands God's people to come before Him with joy, gladness, praise, and thanksgiving. It reminds us that thanksgiving is not optional, but part of how God's people enter His presence.

The psalm calls us to serve the Lord with gladness and come before Him with joyful songs. Psalm 66 calls all the earth to shout with joy and give glory to God's name.

Both psalms show that thanksgiving is a faithful response to who God is and what He has done. Psalm 107 gives the reason for this response by reminding the redeemed to give thanks for the Lord's goodness and unfailing love.

Thanksgiving is not reserved only for easy seasons; it is part of faithful worship. In the sermon, this connects to the requirement because gratitude should become a consistent practice, not an occasional reaction.

Those who have been rescued, gathered, and satisfied by God are called to worship Him with thankful hearts. This connects to Psalm 107 because those who have experienced God's redemption are called to respond with gratitude and declare His enduring love.

Reflect:

1. What does “enter His gates with thanksgiving” teach us about how we approach God?
2. What does this point reveal about God as the One who is worthy of worship and gratitude?
3. How can you practice thanksgiving even when your circumstances are not ideal?
4. Why is thanksgiving important as a requirement of worship and not just an emotional response?



Discipline:

Throughout the week, work toward developing a life of thanksgiving by choosing **one** of the five to begin practicing this month:

- † Keep a gratitude journal - record daily blessings.
- † Practice “thanksgiving before asking” in prayer.
- † Share testimonies in small groups or with your family.
- † Memorize a psalm of thanksgiving.
- † Find a song of thanksgiving and play it on repeat.

Closing Prayer:

Lord, thank You for Your unfailing love that endures forever. Teach us to remember Your goodness, recognize Your provision, and rejoice as witnesses of Your grace. Thank you for rescuing, sustaining, and guiding us in every season. Shape our hearts to live with consistent gratitude, not only when life is easy, but as a daily response to who You are. May our lives reflect thanksgiving rooted in Your Word. In Jesus' name, Amen.