

# Thanksgiving Postures

October 11, 2020

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## Introduction:

Definition of *posture*: “a conscious mental or outward behavioral attitude” – Merriam Webster

## Main Points: Four Postures of Thanksgiving

### 1. Humility

- if we approach life/others with a humble heart, it's far easier to be grateful and realize it's not about us and really, we aren't 'owed' anything... We have been given blessing upon blessing and even if the only gift we had was salvation, that would be all we need...
- Philippians 2: 3-4; Romans 12.10; 1Peter 5.5; Luke 18.9-14

### 2. Worship

- Most of our regular worship services include expressions of thanksgiving to God for his redemption. We should participate in these wholeheartedly.
- The feasts
  - PURIM
  - WEEKS
- Psalm 100; 1Corinthians 14.13-19

### 3. Gratitude

- In Greek, the word for thankfulness is *eucharisteo*
- *it is all for your sake, so that as grace extends to more and more people it may increase thanksgiving, to the glory of God.* - 2Corinthians 4.15

- “It is all for your sake, so that as *grace* extends to more and more people it may increase *gratitude* to the glory of God.” - John Piper

### 4. Prayer

- Psalms of Thanksgiving -
  - 1Chronicles 16.4 -Then he (David) appointed some of the Levites as ministers before the ark of the LORD, to invoke, to thank, and to praise the LORD, the God of Israel.
- Philippians 4.6; 1Timothy 2.1;
- Paul
  - Romans 1.8; 1Corinthians 1.4; Ephesians 1.16; Philippians 1.3; Colossians 1.3; 1Thessalonians 1.2; 2Timothy 1.3; Philemon 1.4

## Conclusion:

Thanksgiving is of utmost importance because it reorients us from focusing on ourselves to focussing on God - it corrects our posture

Sincere thanksgiving

Compels humility

Sanctifies our worship

Reminds us of grace

And makes our prayers acceptable to God

So we say with the psalmist...

I will praise God's name in song  
and glorify him with thanksgiving. - Psalm 69.30