

The Spiritual Disciplines of David – Part 1

Thanksgiving

Why Spiritual Disciplines?

2 Peter 3:18 but grow in the grace and knowledge of our Lord and Savior Jesus Christ. To Him *be* the glory both now and forever. Amen.

- We are actually commanded to grow in our faith.

Hebrews 5:13-14 For everyone who partakes *only* of milk *is* unskilled in the word of righteousness, for he is a babe. ¹⁴ But solid food belongs to those who are of full age, *that is*, those who by reason of use have their senses exercised to discern both good and evil.

- We should desire spiritual maturity.
- Adam Clarke – “*By reason of use*. Who, by constant hearing, believing, praying, and obedience, use all the graces of God’s Spirit; and, in the faithful use of them, find every one improved, so that they daily grow in grace, and in the knowledge of Jesus Christ our Lord.”
- Barnes - *Of full age*. The expression refers to those who are grown up.
 - *Who by reason of use*. The Greek word means, habit, practice. The meaning is, that by long use and habit they had arrived to that state in which they could appreciate the more elevated doctrines of Christianity.
 - *Have their senses*. The word here used means the internal sense, the faculty of perceiving truth: and this is the idea here. The meaning is, that by long experience Christians come to be able to understand the more elevated doctrines of Christianity; they see their beauty and value, and they are able carefully and accurately to distinguish them from error.
 - *To discern both good and evil*. That is, in doctrine. They will appreciate and understand that which is true; they will reject that which is false.

Spiritual Discipline is beneficial because:

- They enable growth
- They prepare us for difficult times
- They break spiritual complacency

Disciplines Towards God

Thanksgiving

Psalm 26:7 That I may proclaim with the voice of thanksgiving, and tell of all Your wondrous works.

- David had created a lifestyle of thanksgiving.
- And David not only gave thanks in private, he also publicly gave thanks to God.

Sometimes, thanksgiving is not our natural response to what is happening:

- **Psalm 107:21-22** Oh, that *men* would give thanks to the LORD *for* His goodness, And *for* His wonderful works to the children of men! ²² Let them sacrifice the sacrifices of thanksgiving, and declare His works with rejoicing.
- David recognized that sometimes thanksgiving is a sacrifice.
 - **Psalm 69:30** I will praise the name of God with a song, and will magnify Him with thanksgiving.
 - Prior to this verse, the previous 29 verses are about the trials and struggles David is facing.
 - **Psalm 69:1-2** Save me, O God! For the waters have come up to my neck. ² I sink in deep mire, where there is no standing; I have come into deep waters, Where the floods overflow me.
- But David specifically said "magnify Him with thanksgiving."

Thanksgiving magnifies God. It takes our focus off of how insurmountable whatever lies before us is, and puts our focus on God who is greater and mightier than anything we will ever face.

Thanksgiving

Psalm 100:4 Enter into His gates with thanksgiving, And into His courts with praise. Be thankful to Him, and bless His name.

- Being thankful is the first part in coming before God in worship
- **Be thankful to Him**
 - We are thankful to Him for what He has done
 - What has He done in your life? He has redeemed us, made us His children, He has blessed me with a good home and family, given us a great church, etc...
- **Bless His Name**
 - His Name is who He is. His character. So we are thankful for who He is.
 - Who is He to you right now? Faithful? True? Father? Redeemer? Healer? Provider? Companion? Wisdom?

Sometimes thankfulness is a fruit. A result of something that happened. But as a discipline, it is an intentional act.

Thankfulness as an intentional act

- **Leviticus 22:29** And when you offer a sacrifice of thanksgiving to the Lord, offer it of your own free will.
- **Jonah 2:9** But I will sacrifice to You with the voice of thanksgiving; I will pay what I have vowed. Salvation is of the Lord."
 - Prayed from the belly of the fish. In fact, the last thing he said in the fish.
- **Colossians 4:2** Continue earnestly in prayer, being vigilant in it with thanksgiving

- Thanksgiving is the conscious act of choosing to acknowledge God and His benefits and deciding to have an attitude of thankfulness. This is why it is a sacrifice of thanksgiving

Who is your God?

Remember from Psalm 100 to bless His Name. Who is He?

- If I am facing a financial problem, my God is the God who will supply all my need according to His riches and glory. And I remember who He is and am thankful.
- If I am worried about an upcoming life situation, my God is the God of all wisdom and understanding. His plans are to prosper me and not to harm me, to give me a future and a hope. And I remember who He is and am thankful.
- If I get a diagnosis from a doctor, my God is the God who heals all my diseases. And I remember who He is and am thankful.
- When I feel that no one can understand what I am going through, my God is the God who sees. Who knows the number of hairs on my head and has redeemed me, making me His child and loves me. And I remember who He is and am thankful.
- When I feel distressed and uneasy, my God is the God of peace. And I remember who He is and am thankful.
- When I feel ashamed and unclean, unworthy, my God is the one who bore my shame. He became sin for me and gave me His righteousness. And I remember who He is and am thankful.

If you find He's not these things to you, then you have an exciting opportunity to discover another deeper aspect of who God is.

Develop a lifestyle of thanksgiving

1. Remember what God has already done for you!

- **Psalm 106:1** Praise the LORD! Oh, give thanks to the LORD, for *He is good!* For His mercy *endures* forever.
 - Psalm 106:2-46 = Remembering God's deliverance
- **Psalm 106:47-48** Save us, O LORD our God, And gather us from among the Gentiles, To give thanks to Your holy name, To triumph in Your praise. ⁴⁸ Blessed *be* the LORD God of Israel From everlasting to everlasting! And let all the people say, "Amen!" Praise the LORD!

2. Think about what God will do for you

- **Psalm 103:1-5** ¹ Bless the LORD, O my soul; And all that is within me, *bless* His holy name! ² Bless the LORD, O my soul, And forget not all His benefits: ³ Who forgives all your iniquities, Who heals all your diseases, ⁴ Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies, ⁵ Who satisfies your mouth with good *things*, *So that* your youth is renewed like the eagle's.
- Maybe you have experienced God in these ways, but if not, we have the Biblical accounts of those who have.

In order to know who God is, the benefits He gives, the strength He has, it requires knowledge of Him. This is how the spiritual disciplines all work together.

Worship – Psalm 95:6

Praise – Psalm 150