

Day 4: Trust God's Hand in the In-Between

Read and Reflect: Psalm 136:16-22; Proverbs 3:5-6

God's providence means He's still guiding when the path feels dark. Gratitude preaches to our anxious hearts: "He's led before; He'll lead again."

- ❖ Name a situation where you can't yet see God's plan.
- ❖ Thank God in advance for how his steadfast love will prove faithful there.

Day 5: Give Thanks, Then Go

Read and Reflect: Psalm 136:23-26; Psalm 117; Matthew 5:14-16

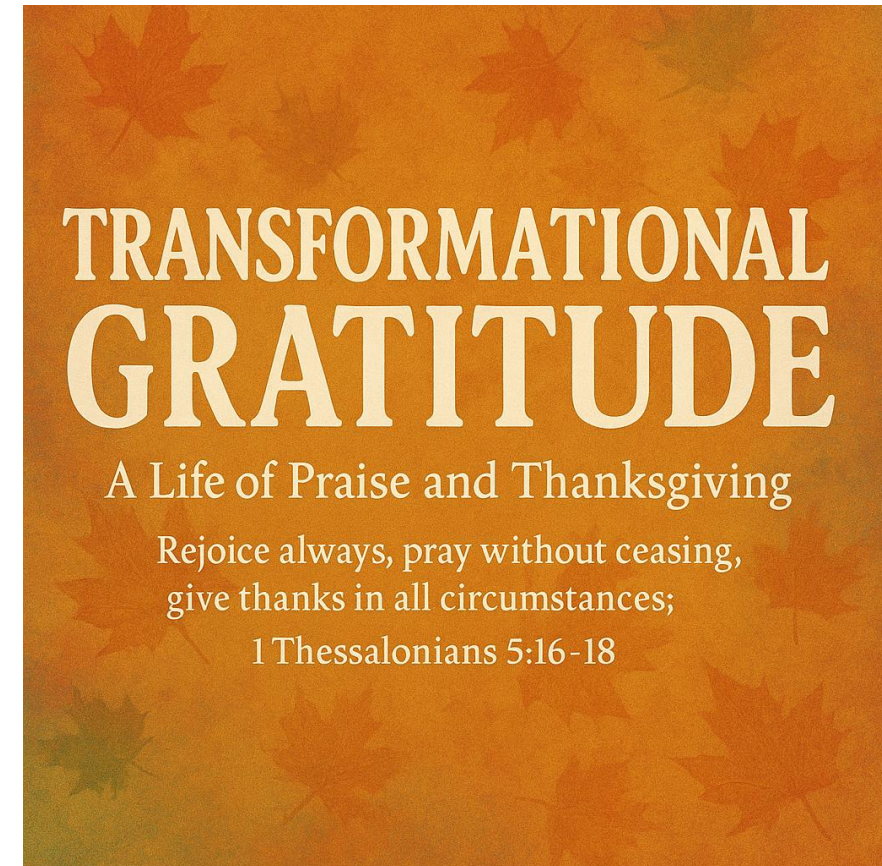
Gratitude overflows in worship and witness. When we give thanks, we echo God's worth to the world. Thanksgiving becomes invitation: "Come and see what God has done!"

- ❖ Tell one person this week how you've seen God's faithfulness.
- ❖ End today, and each day, with the refrain:

"Give thanks to the God of heaven, for His steadfast love endures forever."

Series Memory Verses:

¹⁶ Rejoice always, ¹⁷ pray without ceasing,
¹⁸ give thanks in all circumstances; for this is the will of God in Christ Jesus for you."
(1 Thessalonians 5:16-18)



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TRANSFORMATIONAL GRATITUDE:
Refocusing Our Vision
Psalm 136

SERMON NOTES

Big Idea: Gratitude clears the lens of our hearts so we can see—and live—in the steadfast love of God.

Gratitude Begins by Confessing God’s Greatness (vv. 1-3)

- Gratitude starts not with our circumstances, but with God’s character.
- Hebrew: *hodu* – “to declare openly”. Thanksgiving is a public confession about God.
- We give thanks because God is good, supreme, and faithful.

Gratitude Recognizes God’s Hand in Creation (vv. 4-9)

- Creation itself is an act of *hesed* – love that gives, sustains, and delights.
- We often stare at the trail instead of looking up to the majesty around us.
- Gratitude lifts our eyes from the path beneath our feet to the glory of God all around.

Gratitude Remembers God’s Grace in Redemption (vv. 10-15)

- Israel looked back to the Exodus; we look back to the cross.
- Gratitude is born in remembrance—we sing grace back into our memory.
- Every act of thanksgiving looks back to the greatest act of grace ever given.

Gratitude Trusts God’s Faithfulness in Providence (vv. 16-22)

- Providence = God’s wise, continuous, loving care.
- Gratitude is faith illuminated by memory – trust God for what we can’t yet see.
- Gratitude preaches to our hearts: “The God who led before will lead again.”

Gratitude Rejoices in God’s Mercy and Provision (vv. 23-25)

- God’s *hesed* is not only cosmic; it’s close — bread, breath, and daily mercies.
- Every meal is a miracle of mercy.
- Gratitude recognizes grace in the ordinary.

Gratitude Returns in Worship and Witness (vv. 26)

- Worship is gratitude finding its voice – “the subjective echo of God’s objective worth”.
- True gratitude doesn’t stay silent; it speaks the gospel and sings His praise.
- Gratitude that fills the heart becomes worship that fills the world.

WEEKLY DEVOTIONAL GUIDE

Day 1: Seeing Clearly Again

Read and Reflect: Psalm 136:1-3; 2 Corinthians 4:6

Life clouds our vision – worry, busyness, and disappointment blur the goodness of God. Gratitude clears the lens. When we confess God’s greatness, we start seeing rightly again.

- ❖ List three attributes of God and thank Him aloud for each.
- ❖ Begin every prayer this week with *who He is* rather than *what you need*.

Day 2: Look Up and Around

Read and Reflect: Psalm 136:4-9; Romans 1:20

Every sunrise, every breath, every created thing testifies to God’s steadfast love. Gratitude notices what distraction hides.

- ❖ Go outside for ten minutes. Observe something beautiful you normally overlook.
- ❖ Offer a prayer of worship: “Lord, thank you for _____. Your steadfast love endures forever.”

Day 3: Remember Grace Received

Read and Reflect: Psalm 136:10-15; Ephesians 1:7-8

Israel remembered the Exodus; we remember the Cross. Gratitude grows when we rehearse redemption. Memory becomes a means to worship.

- ❖ Write down one way Christ’s forgiveness has changed your life.
- ❖ Share that story—or a verse of praise—with someone else today.