

THANKFULNESS WORTHY OF GOD—PSALM 116

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You may have once said, “Words cannot express my appreciation.” Or, “This gift is only a token of my thankfulness.” Sometimes what we are able to say or give cannot possibly match the sheer gratitude we feel. This is the author’s dilemma in Psalm 116: “What shall I render to the Lord for all his benefits to me?” For how can our feeble gifts to God ever be worthy of his profound blessings to us? Yet, as the psalm unfolds we learn that our expressions of thanks to God are appropriate when they are marked by at least three qualities which come from the heart:

1. A heart of *sincerity*.

2. A heart of *spontaneity*.

3. A heart of *devotion*.