



How do you say "thank you" for God's goodness? Really, it's impossible to fully express our thanks. But when your heart is overflowing with gratitude, it will find an outlet.

Psalm 100 is the outpour of a heart focused on God's abundant blessings to His people. In this Psalm of thanksgiving, verses 1–2 reveal three ways a thankful heart expresses gratitude.

Make a joyful noise unto the LORD, all ye lands. Serve the LORD with gladness: come before his presence with singing.

1. A heart of joy

Joy is the outgrowth of a thankful heart. Even in our darkest days, we have more blessings than we can count. And if we will actually pause to count them, as the song "Count Your Blessings" says, we will be surprised "at what the Lord hath done."

Thankful people are joyful people. Count your blessings!

2. A life of service

Like the Apostle Paul, it is Christ's love for us that draws our hearts to grateful service for Him. Second Corinthians 5:14 says, "For the love of Christ constraineth us." We don't serve Christ out of guilt or fear, but because of our grateful love. And the opportunity to serve God only adds to our reasons to praise Him. Charles Spurgeon observed, "They are sure to praise God best who serve Him best."

God does not intend His service to be burdensome. If you are truly worshipping with thankfulness, you will serve with gladness.

3. Words of praise

All throughout the psalms, thanksgiving and singing are linked together. Psalm 95:2 says, "Let us come before his presence with thanksgiving, and make a joyful noise unto Him with psalms." The song "Come Thou Fount" reminds us, "Streams of mercy, never ceasing, call for songs of loudest praise."

Gratitude tunes our hearts to sing God's praise. Even if your voice is not quite on pitch, sing anyway! God loves to hear your songs of praise.

Are you looking for a way to express your thankfulness to God? Count your blessings, serve others, and sing to the Lord. Joy, service, and praise are the overflowing expressions of a thankful heart!