

## Deliver First a Psalm of Thanks to the Lord

*1 Chron 16:1-2, 7*

*1 So they brought the ark of God, and set it in the midst of the tent that David had pitched for it: and they offered burnt sacrifices and peace offerings before God.*

*2 And when David had made an end of offering the burnt offerings and the peace offerings, he blessed the people in the name of the LORD.*

*7 Then on that day David delivered first this psalm to thank the LORD into the hand of Asaph and his brethren.*

### I. Introduction

1. There are different seasons of our lives that have different focuses in those seasons.

*Eccl 3:1, 4*

*1 To every thing there is a season, and a time to every purpose under the heaven:*

*4 A time to weep, and a time to laugh; a time to mourn, and a time to dance;*

2. And while there have been plenty of times to weep and mourn, and that is appropriate in its place, there also comes a time when it is just necessary for our emotional health to burst out in laughter and break out in dance. Watch those funny cat videos, or of kids doing the silliest things.

3. But you don't have to only look elsewhere for something to laugh at. If you can't laugh at yourself from time to time, you are just too serious!

4. And that effort of your time to dance is not just physical. Doing it unto the Lord in worship, also connects with the purest of emotions in your soul, setting your mind in a joyful position.

5. In fact, what we would identify as some of our most amazing services are those when we got up and got physical in our expressions of worship and prayer.

6. And as Bro. Cheatham has so well demonstrated and taught us the same, that you can get a Holy Ghost dance on during the offering!

7. And certainly while we are singing praise to the Lord, that is a great time to give it up to the Lord.

8. So today, I want to formally declare it is the season to **Deliver First a Psalm of Thanks.**

9. *1 Chronicles 16:7 Then on that day David delivered first this psalm to thank the LORD into the hand of Asaph and his brethren.*

### II. Give me food convenient for me

#### A. Agur's prayer request

1. The Book of Proverbs was written by King Solomon and two other lesser known people: a prophet named Agur, who wrote chapter 30, and an otherwise unknown king named Lemuel, who wrote chapter 31.

2. Agur recorded a heart-felt prayer request in verses 7-9. And in this time of delivering first a psalm of thanks, we need to pay attention to the wisdom of praying this way:

*Prov 30:7-9*

*7 Two things have I required of thee; deny me them not before I die:*

*8 (1) Remove far from me vanity [falsehood] and lies: (2) give me neither poverty nor riches; feed me with food convenient for me:*

*9 Lest I be full, and deny thee, and say, Who is the LORD? or lest I be poor, and steal, and take the name of my God in vain.*

3. His two life requests were to eliminate falsehood and lying, meaning false intentions and false words. He wanted the truth, the whole truth, and nothing but the truth, and get rid of anything other than truth.
- B. Balanced life
1. His first request is for an honest life. But his second request is for a balanced life.
  2. He said, I don't want to be poor, which we would all agree with, and probably have prayed that prayer ourselves. But he also said, I don't want to be rich.
  3. At first, we might think we wouldn't want to pray that request. Most folks wouldn't mind having a few riches.
  4. But for the Prophet Agur, he wanted these before he died: an honest life and a balanced life.
  5. Let's read his second request again. He explains why that was important to him:  
*Prov 30:8 Remove far from me vanity and lies: **give me neither poverty nor riches; feed me with food convenient for me:***
  6. I don't want to be poor and I don't want to be rich, but I want what God thinks is just right for me. That is what is meant by "food convenient for me."
  7. That means the proper portion, my appropriate allotment, that which satisfies my needs not my vanity or selfishness.
  8. He further explains why that is so important in verse 9. And with this explanation, I'm sure it opens our eyes of understanding why is a very good request:  
*Prov 30:9 Lest I be full, and deny thee, and say, Who is the LORD? or lest I be poor, and steal, and take the name of my God in vain.*
  9. First let's address the more obvious. He was saying, I don't want to be so poor that I would even consider taking from others what is not mine. Like stealing from a store, stealing from a stranger, stealing from a neighbor, stealing from family. I don't want that ever to happen to me!
  10. Remember that truth and honesty was his first request, so that bleeds over to influence his second request.
- C. Not too full
1. But the other side of his second request was that he not be over-provided—**lest I be full and deny thee, and say Who is the LORD?**
  2. That is a very real situation—that of being blessed to the point that we forgot where our blessings come from.
  3. And us making the error that somehow it was us who generated all the wealth and that God's blessings had nothing to do with it.
  4. Not only is that the sin of pride, but also the sin of idolatry—worshiping someone other than God as God—putting ourselves in the place of God.
  5. Did you see the question that this proud person may ask? Who is the LORD?
  6. That's not only dismissing God as the Lord, but opening up the question that perhaps their wealth is Lord. Or maybe he, the rich man, was Lord.
  7. That is the mistake the rich young ruler made, worshiping his riches rather than his God who gave them.
  8. As if we could control all the circumstances that contributed to all those blessings coming to us.
  9. As if we didn't lean on others along the way to help us get where we are.

10. The point of this in this message this morning, is that we tend to get so caught up in what we have or what we don't have, that we forget to take time to **Deliver First a Psalm of Thanks**.
11. Let me tell you this morning. If there is anything I feel that God wants to communicate **to me**, and hopefully **through me** to you, is that this is the time to dig out a psalm of thanks and deliver it to God.
12. Don't fret about what you don't have, take time to **Deliver First a Psalm of Thanks to the Lord**.

### III. The danger of pessimism

1. Something I feel we need to address is the condition of where many are living in these days—in the middle of ever-present pain and grief that seems to show up everywhere you turn.
2. Is that where you are? And is it possible to Deliver First a Psalm of Thanks to the Lord when it hurts so bad that you don't even know how to feel any more?
3. We can go through seasons when the pain is so bad that it blinds us to any hope. We might gripe: "Well if there is hope, I sure don't see it."
4. And if we allow ourselves to get trapped in the frame of mind that focuses only on the bad, and if we don't come up for a breath of hope, we can get imprisoned in a mindset that is **cynical, pessimistic, skeptical, sarcastic, and mocking what is good and godly**.
5. That is a dangerous place to land, but if we are not careful, being overly focused on gloom can get you there.
6. So even if a ray of hope shines your way, your pessimism says it can't possibly be for you. Your sarcasm mocks it as though God was hatefully teasing you with something impossible.
7. The book of Ecclesiastes contains many expressions of cynicism.  
*Eccl 2:11 Then I looked on all the works that my hands had wrought, and on the labour that I had laboured to do: and, behold, **all was vanity and vexation of spirit, and there was no profit under the sun.***
8. He is saying, everywhere I look is disappointment and nothing satisfies me.
9. And the expression gets even worse in chapter 4:  
*Eccl 4:1-3*  
*4 So I returned, and considered all the **oppressions** that are done under the sun: and behold the **tears** of such as were **oppressed**, and they had **no comforter**; and on the side of their oppressors there was power; but they had no comforter.*  
*2 Wherefore **I praised the dead** which are already dead more than the living which are yet alive.*  
*3 Yea, **better is he** than both they, which hath not yet been, who hath not seen the evil work that is done under the sun.*
10. That is the deep pit that the road of cynical thinking leads to.
11. You see the Bible contains real-to-life descriptions like this as a mirror, to help us diagnose where we are and see the end result so we can change course.
12. That is when we need to recognize that we need to do whatever we must to **Deliver First a Psalm of Thanks**.

### IV. Deliver

#### A. Definitions

1. What do I mean by “Delivering” a psalm.  
*1 Chronicles 16:7 Then on that day David delivered first this psalm to thank the LORD into the hand of Asaph and his brethren.*
  2. The word “**deliver**” in this verse can simply mean “give”. It is translated from the Hebrew word, “Na-than”. And there is a Hebrew name, Nathan, which is the very same word, and it means “giver.”
  3. But in 1 Chronicles 16:7, the word is translated in the KJV as “deliver,” because the root of that word also means to **pull forth, pay, produce, or render**.
  4. That is the focus I feel we need to look at this morning in this year of 2020.
  5. We certainly did get a 2020 vision, but what we saw in 2020 may have been different than what we expected.
  6. But that is all the more reason we are at the time that we need to **Deliver First a Psalm of thanks to the Lord**.
  7. It is time to get into our heart and “**pull forth**” a praise to God.
  8. It is time to reach into our soul and “**pay**” God a compliment.
  9. It is time to dig into our memory and “**produce**” a worship to Him.
  10. It is time to do some soul searching and “**render**” unto God due thanks.
  11. We cannot allow the 2020 vision we have seen to cause us to forget the 2020 vision God sees.
- B. Remember the glorious end
1. We can get sidetracked and so overwhelmed by the dismal movie that has played before our eyes, that we cannot think that it is still true that God intends:  
*Rom 8:28 And we know **that all things work together** for good to them that love God, to them who are the called according to his purpose.*
  2. And as Joseph observed about his brothers’ poor treatment of him:  
*Gen 50:20 But as for you, ye thought evil against me; but God meant it unto good, to bring to pass, as it is this day, to save much people alive.*
  3. And when the children of Israel spent 40 years wandering through the wilderness, it was God sustaining them all the way on that journey:  
*Deut 8:16 Who fed thee in the wilderness with manna, which thy fathers knew not, that he might humble thee, and that he might prove thee, to **do thee good at thy latter end**;*
  4. And the Apostle Paul who had suffered ill at the hands of so many could say:  
*Rom 5:3 And not only so, but we **glory in tribulations** also: knowing that tribulation worketh patience;*
  5. And summing up all the things he had suffered, Paul called them all, “light afflictions”  
*2 Cor 4:17 For our **light affliction**, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory;*
  6. And James revealed something that we have trouble seeing when going through trials.
  7. That if we endure trials patiently, God will work a perfect through it:  
*James 1:3-4*  
*3 Knowing this, that the trying of your faith worketh patience.*  
*4 But let patience have her **perfect work**, that ye may be perfect and entire, wanting nothing.*
  8. And Peter showed us something we also have trouble seeing when going through trials.
  9. You see, some people will say they think God hates them, or is punishing them, when they go through trials. But quite the opposite is true. God sees you as precious gold.

10. In other words, He sees you as an end product after you have gone through refining fires of the trial:  
*1 Peter 1:7-8*  
*7 That the trial of your faith, being much more precious than of gold that perisheth, though it be tried with fire, might be found unto praise and honour and glory at the appearing of Jesus Christ:*  
*8 Whom having not seen, ye love; in whom, **though now ye see him not, yet believing, ye rejoice with joy unspeakable and full of glory:***
- C. Rejoice in glory!
1. Do you see where this is going? The trial is not a reason to complain.
  2. Because 2020 has had its difficulties that is not a reason we need to give up in grief and despair.
  3. We need to see us passing through the fire purified as gold. Not as perishing into a pile of ashes.
  4. And maybe even while you are in the fiery trial, you can still deliver first a psalm of thanks.
  5. How? Why? Because, we can still love Him *though now ye see him not, yet believing, ye rejoice with joy unspeakable and full of glory:*
  6. I can rejoice with indescribable joy that is full of glory.
  7. Not full of doom.
  8. Not full of despair.
  9. Not full of fear.
  10. Not full of loss, pain, sadness, depression or grief. But joy unspeakable and full of glory!
  11. That is what it means to Deliver First a Psalm of Thanks to the Lord.
- D. Hidden behind the fog
1. Yes it is in you. It may get buried beneath the grief or hidden on the other side of the fog, but it is in you.
  2. And you need to remember. Fog does not eliminate the beauty of the scene. It only temporarily hides it.
  3. Have you ever heard of the Smokey Mountains? They are called that because of the hovering clouds and fog that are so common there.
  4. We went up to the tallest mountain peak in the Smokey Mountains, in Forneys Creek, NC, called **Clingmans Dome** [2 images]. 6,643 feet high.
  5. From that observatory, you get a 360 degree view of the beautiful mountain scene.
  6. Only the day that our family went there, you could not see any of this beauty.
  7. The fog was so thick, you could only see the very closest trees, and then just barely. And fog has a way of hiding the true colors of what you can see so that everything looks gray.
  8. But what we all knew to be the case was, the beautiful scenery really was still there. The fog had not removed the mountains. They were just as present and just as real as if it had been a clear sunny day.
  9. So if you are in a spot where all you see is fog everywhere, just remember this. Fog did not truly remove that beauty that God has placed all around you.
  10. You may not be seeing it right now but it is still there.
- E. Give thanks anyway!
1. So instead of getting trapped crying in your sorrow, Deliver First a Psalm of Thanks to the Lord.

2. “**pull forth**” a praise to God; “**pay**” God a compliment; “**produce**” a worship to Him; “**render**” unto God due thanks.
  3. Pull out that psalm of thanks. It is in there because God and all his redeeming mercy and grace are still there.
  4. Even though you may be in the presence of your enemy:  
*Ps 23:5-6*  
*5 Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.*  
*6 Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD for ever.*
  5. You might think trouble is following you all the days of your life, but that is because you have been focusing on the fog.
  6. Goodness and mercy shall follow those who have the Lord as their Shepherd. You see he restores our soul by the green pastures and still waters.
  7. And He will feed us a table of blessing even when the adversary is within sight.
- V. Conclusion
1. And notice how David delivered first...
  2. I want to conclude with a part of that key verse that we haven't focused on yet:  
*1 Chronicles 16:7 Then on that day **David delivered first this psalm to thank the LORD** into the hand of Asaph and his brethren.*
  3. While there could be a lot of other things you might think to do first, make the priority of delivering the psalm of thanks.
  4. Make giving thanks to the Lord the first order of business.
  5. Seek ye first the kingdom.
  6. Love God with all your heart, soul, mind and strength for it is the first commandment.
  7. Worship God on the first day of the week.
  8. First of all supplications and prayers and giving of thanks!
  9. And in God's timetable, even the dead in Christ shall rise first!
  10. You may be dead, but you will be the first to rise up in Glory!
  11. So whatever else is going on around you in 2020, first deliver a psalm to thank the LORD.