

When Being Thankful Seems Impossible
Psalm 30:1-12

Thanksgiving is supposed to be a time of joy and celebration for the _____ of life. But sometimes, Thanksgiving comes at an _____ time when problems abound. How can we be thankful when it seems an _____? That question is at the heart of our text.

David is recalling the history of God's dealings with him, and it seems he is at a place of _____. He looks back and exalts the Lord for things like _____ Him from his enemies, _____ him from life-threatening illnesses, and for enabling him to _____. But all these reasons for exalting God remind us that there were times, and we know from Scripture, lengthy times, when David was _____ by his enemies, deathly _____ in body and in soul, and _____ to God unable to think of dancing.

Those who choose to make the Lord their God will experience some of the highest highs but also some of the lowest lows. But David doesn't say, "I will give thanks to God when He gives me happiness, health, and joy." He says, "I will praise you _____." The reason our thanksgiving should be _____ and not intermittent is that, even when things are not going well, _____, He is at work, and just like He has been merciful and worked on our behalf _____, so we can trust Him to be here now and, in His time, to be merciful and work on our behalf _____.

Sometimes our Thanksgiving springs from a strong _____ bolstered by fresh experiences of God's richest blessings. At other times, the giving of thanks is based on _____ that the promise of **Rom. 8:28** is true: "in all things God works for the _____ of those who love him, who have been called according to his purpose."

There's what David was saying in Psalm 30. When we can, let's give thanks for the blessings God provides that cause thanksgiving to flow _____. But when we can't, we give thanks for _____, a God who is merciful, kind, and loving, and given time, "is able to do immeasurably more than all we _____ or _____."