

*I will extol thee, O Lord; for thou hast lifted me up, and hast not made my foes to rejoice over me. O Lord my God, I cried unto thee, and thou hast healed me. O Lord, thou hast brought up my soul from the grave: thou hast kept me alive, that I should not go down to the pit. (Psalm 30:1-3)*

There are ungrateful people who never express appreciation or thanksgiving to God or man for anything. They have such a high idea of their deserving that they think every benefit that comes their way is less than they should receive.

Then there are people who express gratitude to men, to human organizations, to good fortune, but never give thanks to God. We ought, indeed, to express gratitude to those who show us favor, who help us and befriend us. But let us learn and never forget that, but for the favor of God, no man could help us no matter how much he desired to do so.

Four things are put in focus for us in the psalmist's thanksgiving that we should ever be praising God for. Let us consider them carefully:

1. God has kept us alive. Our breath is in His hand, and by His forbearance alone we are not in the grave already. For those of us who serve Him, He has given the grace of yet more time to labor in His vineyard and lay up treasures in heaven. For you who have not bowed the knee to Him, you can be thankful you are not yet in hell, and have time to make peace with your Creator.
2. God has healed us. He has given us health. If your health is not as perfect as some, it certainly is not as bad as others, or as bad as it might be. If it is not as good as it once was, praise God that you are yet able to enjoy living and do many things that you may not be able to do except for His goodness.
3. God has not made our enemies to rejoice over us. He could have just as well left us to be ground under the heel of the oppressor. I will not enlarge upon this, but you might think just a moment of the millions of downtrodden people on earth and try to name one reason you are not a "boat person" or a starving refugee somewhere.
4. God has lifted us up. Whatever station we may have above that of a worm, it is God we have to thank for it. We have nothing that we did not receive of His boundless mercies.

-C.M.