



DAILY ENCOURAGEMENTS

Carstairs-Bancroft United Church

April 9, 2024



Photo: Our Daily Bread

FIVE GOOD THINGS

Give thanks to the Lord, for he is good; his love endures forever.

Psalm 107:1

READ Psalm 107:1-9

According to research, people who are intentionally grateful for what they have report better sleep, fewer symptoms of illness, and more happiness. Those are impressive benefits. Psychologists even suggest keeping a "gratitude journal" to improve our well-being, writing down five things we're grateful for each week.

Scripture has long promoted the practice of gratitude. From meals and marriage (1 Timothy 4:3-5) to the beauties of creation (Psalm 104), the Bible has called us to see such things as gifts and to thank the Giver for them. Psalm 107 lists five things Israel could be especially grateful for: their rescue from the desert (vv. 4-9), their release from captivity (vv. 10-16), healing from disease (vv. 18-22), safety at sea (vv. 23-32), and their flourishing in a barren land (vv. 33-42). "Give thanks to the Lord," the psalm repeats, for these are all signs of God's "unfailing love" (vv. 8, 15, 21, 31).

Do you have a notepad handy? Why not write down five good things you're grateful for now? It might be the meal you just enjoyed, your marriage or, like Israel, God's rescue points in your life to date. Give thanks for the birds singing outside, the smells from your kitchen, the comfort of your chair, the murmurs of loved ones. Each is a gift and a sign of God's unfailing love.

By **Sheridan Voysey**

PRAY & REFLECT

Father God, I'm grateful for every good thing You've brought into my life. And most of all, I'm grateful for You. Amen

Why do you think Scripture so often calls us to be thankful? What five good things are you grateful for today?

SCRIPTURE INSIGHT

Psalm 107 is a carefully constructed poetic display of the might and mercy of God in the lives of those menaced by various life challenges. It begins with a call to worship God (v. 1), for He's redeemed us: "Let the redeemed of the Lord tell their story—those he redeemed from the hand of the foe" (v. 2). The word redeemed translates the Hebrew *ga'al*. This rich word means "to redeem," "to act as kinsman-redeemer" (to do the part of a kinsman). The word is first used in Genesis 48:16 where Jacob, at the end of his adventurous, complicated life, referred to God as "the Angel who has delivered [redeemed] me from all harm." Biblically and historically, God is our redeemer. All those who place their trust in Jesus, God's Son, for forgiveness of sins are redeemed and rescued from God's wrath. — By **Arthur Jackson**

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