



Psalm 100:1-5 "A Psalm of Thanksgiving. Make a joyful shout to the LORD, all you lands! 2Serve the LORD with gladness; Come before His presence with singing. 3Know that the LORD, He is God; It is He who has made us, and not we ourselves; We are His people and the sheep of His pasture. 4Enter into His gates with thanksgiving, And into His courts with praise. Be thankful to Him, and bless His name. 5For the LORD is good; His mercy is everlasting, And His truth endures to all generations." 诗篇100:1 普天下当向耶和华欢呼。100:2 你们当乐意侍奉耶和华，当来向他歌唱。100:3 你们当晓得耶和华是神。我们是他造的，也是属他的；我们是他的民，也是他草场的羊。100:4 当称谢进入他的门，当赞美进入他的院；当感谢他，称颂他的名。100:5 因为耶和华本为善，他的慈爱存到永远，他的信实直到万代。

1. The MESSAGE of Thanksgiving 感恩的讯息

Deuteronomy 6:10-12 "So it shall be, when the LORD your God brings you into the land of which He swore to your fathers, to Abraham, Isaac, and Jacob, to give you large and beautiful cities which you did not build, 11 houses full of all good things, which you did not fill, hewn-out wells which you did not dig, vineyards and olive trees which you did not plant—when you have eaten and are full— 12 then beware, lest you forget the LORD" 申命记 6:10 “耶和华你的神，领你进他向你列祖亚伯拉罕、以撒、雅各起誓应许给你的地，那里有城邑，又大又美，非你所建造的；6:11 有房屋，装满各样美物，非你所装满的；有凿成的水井，非你所凿成的；还有葡萄园、橄榄园，非你所栽种的，你吃了而且饱足。6:12 那时你要谨慎，免得你忘记将你从埃及地为奴之家领出来的耶和华。诗篇100:1，5

2. Five Thanksgiving COMMANDS 关于感恩的5个命令

(a) Make a JOYFUL SHOUT to the Lord, all you lands! 普天下当向耶和华欢呼
诗篇100:1

(b) Serve THE LORD with gladness (vs 2, Colossians 3:23-24) 你们当乐意侍奉耶和华
诗篇 100:2

Colossians 3:23-24 "And whatever you do, do it heartily, as to the Lord and not to men,

24 *knowing that from the Lord you will receive the reward of the inheritance; for you serve the Lord Christ.*” 罗西书 3:23 无论作什么，都要从心里作，像是给主作的，不是给人作的，3:24 因你们知道从主那里必得着基业为赏赐。你们所侍奉的乃是主基督

(c) Come before His presence WITH SINGING 当来向他歌唱

诗篇 100:2

Psalm 98:4 “Shout joyfully to the LORD, all the earth; Break forth in song” 诗篇 98:4 全地都要向耶和华欢乐，要发起大声，欢呼歌颂。

(d) Know that the Lord, He is God; it is HE WHO HAS MADE US, and not we ourselves, we are His people and the sheep of His pasture.” 你们当晓得耶和华是 神。我们是他造的，也是属他的；我们是他的民，也是他草场的羊

诗篇100:3

Philippians 1:3, 6 “I thank my God upon every remembrance of you... being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ.” 腓立比书 1:3 我每逢想念你们，就感谢我的神；1:6 我深信那在你们心里动了善工的，必成全这工，直到耶稣基督的日子。

(e) Enter into His gates WITH THANKSGIVING, and into His courts with praise. Be thankful to Him, and bless His name.” 当称谢进入他的门，当赞美进入他的院；当感谢他，称颂他的名

诗篇100:4

“For the Lord is good; His mercy is everlasting, And His truth endures to all generations.” 因为耶和华本为善，他的慈爱存到永远，他的信实直到万代。

诗篇 100:5