

Thanksgiving Postures

1 Chronicles 16:1-8, 34-36

“**Thanks**” or “**thanksgiving**” is not found in the Bible until Leviticus 7.

1. Hand Postures—**Praise**.

First Occurrence:

“She (Jacob’s wife, Leah) conceived again, and when she gave birth to a son she said, “This time I will praise the LORD.” So she named him Judah.”

–Genesis 29:35

Judah’s name means praise. From a Hebrew root meaning **hand**.

hdy yaw-daw’

-- to confess, sin or confess God’s character and works.

2. Knees—Kneel and **Bless** God.

“Blessed be the God of Shem.” –Genesis 9:26

“Then Melchizedek king of Salem brought out bread and wine. He was priest of God Most High,¹⁹ and he blessed Abram, saying, “Blessed be Abram by God Most High, Creator of heaven and earth.²⁰ And blessed be God Most High, who delivered your enemies into your hand.” Then Abram gave him a tenth of everything.

–Genesis 14:18-20

\$rb baw-rak’ Root meaning is kneel down.

Barak seems closest to the way one person says **thank you** to another.
i.e. “Bless you brother. Thank you.”

“God blessed [Adam and Eve]. –Genesis 1:22

“In front are the singers, after them the musicians; with them are the maidens playing tambourines.²⁶ Praise (Bless) God in the great congregation; praise the LORD in the assembly of Israel. —Psalm 68:25

“One of them, when he saw he was healed, came back, praising God in a loud voice. ¹⁶He threw himself at Jesus' feet and thanked him—and he was a Samaritan.” —Luke 17:15-16

3. Attitude—Shining Eyes

“I call to the LORD, who is worthy of praise (to be praised), and I am saved from my enemies.” —2 Samuel 22:4

llh *haw-lal'* We get Hallelujah from *halal*.

Sincerely, deeply, thankful so as to praise or boast of God's qualities.

An attitude of shining eyes cannot be faked.

Psalm 106 begins and ends shining eyes of praise.

“Praise (halal) the LORD. Give thanks (yadah) to the LORD, for he is good; his love endures forever...48 Praise (barak) be to the LORD, the God of Israel, from everlasting to everlasting. Let all the people say, ‘Amen!’ Praise (halal) the LORD.” —Psalm 106:1, 48

We express Thanksgiving, an overflowing attitude of shining eyes, in many/every ways.
Psalm 68:25, 1 Chronicles 16:4

Memory Verse:

“O give thanks to the LORD, for He is good; For His lovingkindness is everlasting.” —1 Chronicles 16:34