

Offering Up a Sacrifice of Praise

Hebrews 13:9-16

On a day of giving thanks, what can give us a heart that “continually offer(s) up a sacrifice of praise to God.”?

Do not be led away by diverse and strange teachings, for it is good for the heart to be strengthened by grace, not by foods, which have not benefited those devoted to them. ¹⁰We have an altar from which those who serve the tent^[a] have no right to eat. ¹¹For the bodies of those animals whose blood is brought into the holy places by the high priest as a sacrifice for sin are burned outside the camp. ¹²So Jesus also suffered outside the gate in order to sanctify the people through his own blood. ¹³Therefore let us go to him outside the camp and bear the reproach he endured. ¹⁴For here we have no lasting city, but we seek the city that is to come. ¹⁵Through him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge his name. ¹⁶Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.

A heart that practices thankfulness brings well-being, contentment, and feelings of happiness

Philippians 4:8: Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

But a heart of thankfulness and praise seems impossible at times

Jesus’ sacrifice for us brings us into the arms of a holy God

How do we experience the mercy of God?

If mercy feels like an abstraction, remember it became a man

Jesus’ life, not ours, is the evidence of God’s mercy toward us